

the Hippo

MARCH 7 - MARCH 13, 2013

**A NIGHT OF FOOD
AND WINE P. 46**

**CELEBRATING
FRENCH NH P. 38**

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GRANITE VIEWS **JEFF RAPIS**
May Gruber, track star



It was sad news to hear that our good friend May Gruber died this week. The lady, who had a great influence on this region and also on this newspaper, was just two days shy of her 101st birthday.

It's hard to know how May would like be remembered. After all, she left so many choices.

As pioneering businesswoman who successfully guided Pandora Knitwear, the family business and at one time Manchester's largest employer? As a philanthropist who founded the Manchester Community Music School? As a mother who raised a large family and a wife who enjoyed long marriages to two brilliant men? As a political activist, diehard Democrat, and long-time advocate for woman in power?

How about as an art lover who donated many works to the Currier and other museums so the public could enjoy them? As an author who wrote several books and at one time published a renegade newspaper for the Queen City? As a denizen of New York's avant garde art scene who maintained an apartment in Greenwich Village and attended edgy poetry slams well into her 90s?

The truth is, many people will have their own personal way of remembering May, as she encountered and influenced so many of us in her long life, which was eventful right up until the end.

Those of us who launched the Hippo some years ago will always think of May as the newspaper's unofficial godmother. After all, she and her first husband Sol Sidore had published "The Manchester Free Press" in the early 1960s, a successful venture cut short only because of Sol's premature death.

So when we started Hippo, May took a personal interest. She loaned us "Free Press" copies from her archive and opened doors for us. She also challenged us to think like businesspeople, but not give up the dreams that fueled our desire for success in the first place.

I prefer to remember May as a track star — one who set the record for the "most senior" gal to complete a sanctioned 5K in the state of New Hampshire.

This happened at a Citizens Bank 5K Run for Shelter a few years back. May didn't plan on glory. She just showed up and did her best to help a good cause. As she crossed the finish line, a guy with a clipboard chased after her to verify her age, which organizers assumed was a mistake.

Nope, she said. It really was 91.

That record still stands — as will May's legacy to the community, the region and the world.



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Ansell & Anderson welcomes Alyssa Graham



Alyssa joins the firm as an estate planning associate. Her practice focuses primarily on estate planning, and gift, estate and generation skipping transfer tax planning. Ansell & Anderson also assists clients with probate and trust administration.

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NEWS & NOTES

Military advocates

U.S. Senators Jeanne Shaheen and Kelly Ayotte are in a strong position to advocate for military facilities and programs important to New Hampshire and the nation, including the Portsmouth Naval Shipyard and Pease Air National Guard base.

The two senators will serve on the Senate Armed Services Subcommittee on Readiness and Management Support, according to a Shaheen press release.

“Especially during this time of budget uncertainty, we must continue to identify efficiencies and savings in the Pentagon’s budget while guarding against irresponsible cuts that would leave our troops, our defense suppliers, and our nation less prepared for future contingencies,” Ayotte said.

Shaheen will serve as chairwoman and Ayotte as ranking member. Shaheen is the senior Democrat and Ayotte is the senior Republican on the committee.



Sens. Kelly Ayotte and Jeanne Shaheen are set to lead Senate subcommittee.

at the Statehouse from 4 to 7 p.m.; Monday, March 11, from 5 to 8 p.m. at White Mountain Regional High School, 127 Regional Road in Whitefield and at New Hampshire Community Technical College, 505 Amherst St. in Nashua; and Monday, March 18, from 5 to 8 p.m. at Sugar River Valley Regional Technical Center, 111 South St. in Claremont, and at Rochester Community Center, 150 Wakefield St. in Rochester. The committee will also host a presentation and hearing on Medicaid expansion on Thursday, March 7, at the Statehouse.

Revenue questioned

In a move Republicans are applauding, State House Finance Chairwoman Rep. Mary Jane Wallner, D-Concord, reportedly called it a mistake for Gov. Maggie Hassan to include \$80 million of revenue in her budget proposal last month. While there is a gambling proposal on the table, the legislature has yet to sign off on the expanded gaming bill.

“Not only is it contingent on legislation that, in the past, has failed in the House dozens of times, there is also no guarantee that we would actually receive those fees in a timely manner, or even in this next budget period,” said House Minority Leader Gene Chandler, R-Bartlett, said in a statement.

Committee on the road

The House Finance Committee will visit communities throughout the state to conduct budget hearings. The hearings will give people a chance to learn about the budget, ask questions and present feedback. Finance Committee Chairwoman Mary Jane Wallner, D-Concord, said the committee looks forward to hearing what citizens have to say. Hearings will take place on Thursday, March 7,

It’s Blarney time

Irish tenor Anthony Kearns, who performs twice annually with The Irish Tenors, is set to perform at the Bob Baines’ 13th annual Blarney Breakfast on Wednesday, March 13, at the Radisson Hotel in Manchester. The event features music, a live auction and food and benefits Special Olympics New Hampshire, American Red Cross and the Shirley Brulotte Fund, which assists refugees with their transition to America. The event has raised about \$500,000 for charity. Gov. Maggie Hassan and Manchester Mayor Ted Gatsas will attend the event. Visit blarneybreakfast.com.

Marriage for all

Gov. Maggie Hassan and Attorney General Michael Delaney announced last week the Granite State has joined more than a dozen states to defend the right to marriage for all couples, regardless of sexual orientation.

CORRECTION In the Feb. 28 issue of the Hippo, the photo that appeared on page 62 with the article “Journalist turned filmmaker” should have been credited to Jacob Benjamin Taylor (jacobbenjamin.taylor.com).

“Throughout our history, every time we have sought to include all people in the life of our democracy, we have grown stronger,” Hassan said. “I’m proud that New Hampshire has led the way in ensuring marriage equality for all of our citizens, because encouraging strong marriages for loving couples strengthens families and communities.”

The move to support marriage equality comes in response to two cases challenging same-sex marriage laws.

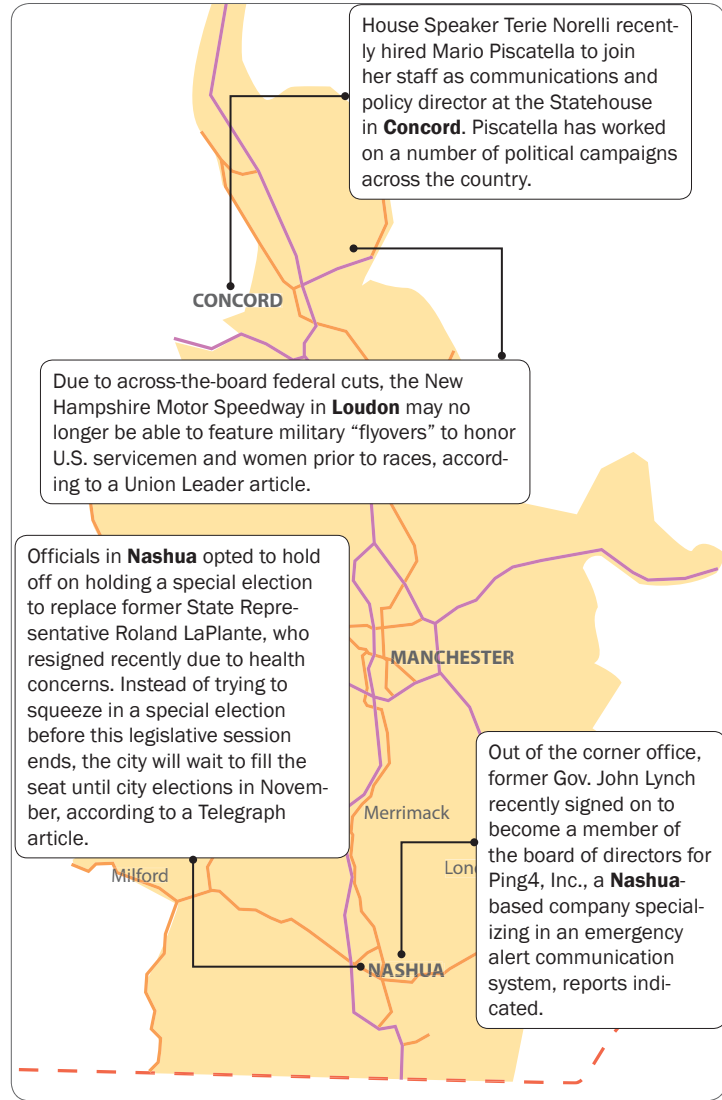
Women’s Act passes

The U.S. House voted to reauthorize the Violence Against Women Act last week, something that pleased Sen. Jeanne Shaheen, who has been pushing the legislation for months.

“The Violence Against Women Act is a critical, bipartisan piece of legislation that will bring comprehensive and critical services to the millions of domestic violence victims across the country,” Shaheen said in a statement. “While I regret this legislation was delayed for so long, I am pleased that Congress has finally delivered on its responsibility to address the epidemic of domestic violence.”

Real-world science

The 10th Annual State Science and Engineering Fair will take place at the New Hampshire Technical Institute in Concord on Thursday, March 14. Students enrolled in science, technology, engineering and mathematics courses create solutions to real-world problems, with the help of mentors, teachers and industry experts. Students will show off their projects at the fair. Projects are evaluated for creativity, experimental design, data collection,



results and analysis, and the presentation of results by judges who are volunteers from the business community. David Lemaire, vice president of technology at Dyn, will give the keynote address.

Gatsas budget slammed

Alderman Patrick Arnold, who has announced he’ll challenge Mayor Ted Gatsas for mayor in Manchester this fall, criticized Gatsas’s budget proposal last week. He called the proposal disappointing, but not surprising.

“You can tell this is an election

year, because the mayor has produced a masterpiece of political theater,” Arnold said in a statement. “Instead of finding real solutions to our city’s challenges, the mayor’s budget will leave Manchester residents paying more in taxes while cutting critical city services.”

Arnold said the city can develop innovative solutions and create incentives for businesses to come to Manchester. 🐼

BEST WEEK

CHARTER SCHOOL SUPPORTERS

The charter school movement in New Hampshire had experienced significant momentum last year before the state Board of Education issued a moratorium on future charter schools, citing funding concerns. The tide could be turning once again. Along with Gov. Maggie Hassan including charter school funding in her recent budget proposal, the House is considering legislation that would end the moratorium. The legislation, House Bill 299, would ensure funding for all approved charter schools.

WORST WEEK

GAMBLING ADVOCATES

The New Hampshire Center for Public Policy Studies threw some cold water on expanded gambling advocates. It’s not that the Center’s study suggested the state couldn’t yield significant revenue from licensing fees tied to expanded gambling — it could — but expanding gambling could come at a social cost, coupled with Massachusetts’s already expanding gaming slate, that could negate any new annual revenue.



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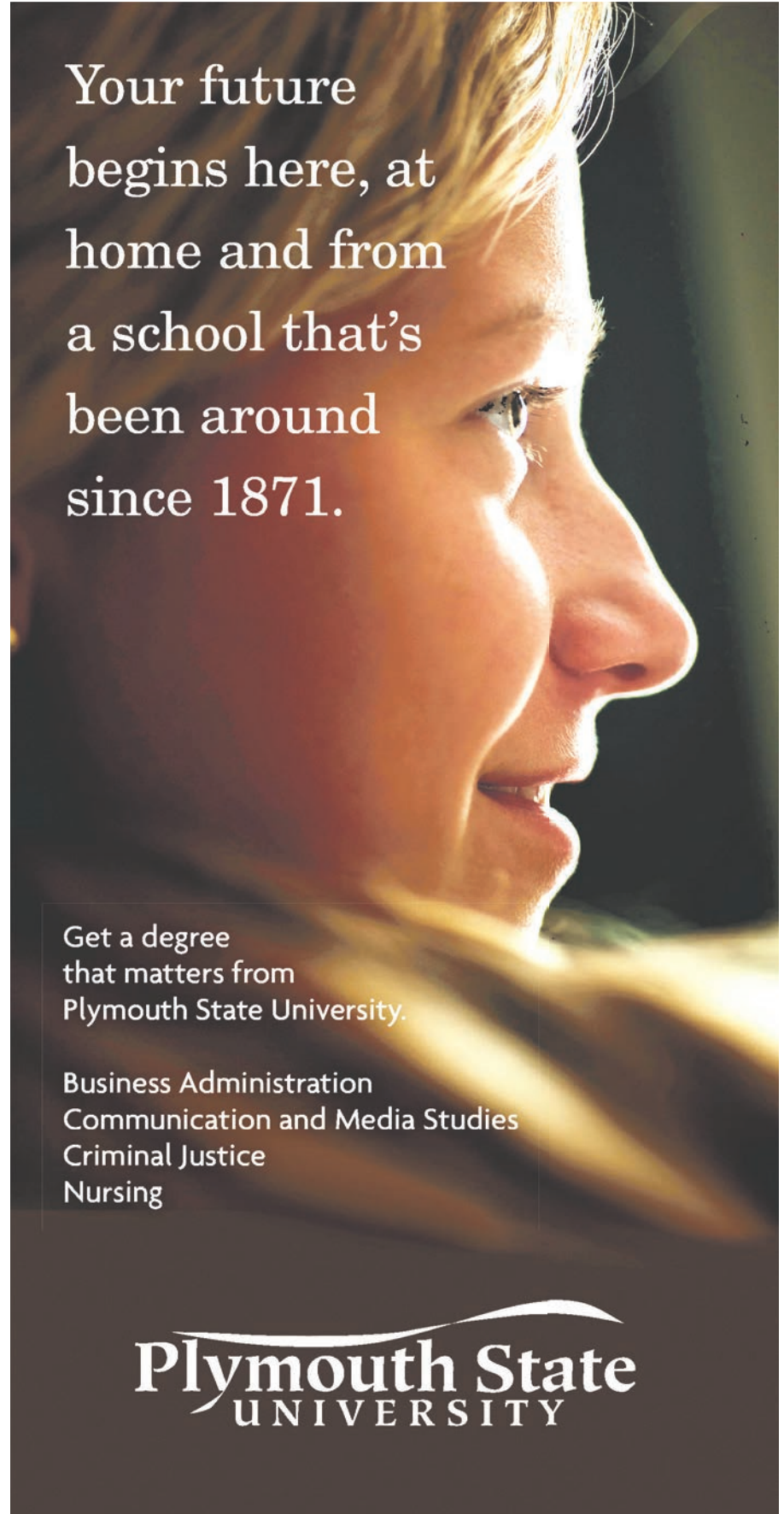
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Rising unemployment tide?

Major federal cuts to hit unemployment services in NH

By Jeff Mucciarone
jmucciarone@hippopress.com

There were 41,150 unemployed New Hampshire residents as of December 2012. They face an uphill battle anyway, given the tough economic situation, but the across-the-board federal budget cuts will only make the unemployment picture more dire.

Sequestration took effect last week, and unemployment services are facing a double whammy.

George Copadis, commissioner of New Hampshire Employment Security, a federally funded state agency, said the state's unemployment rate, which is about 5.6 percent right now, would jump to about 6.5 percent once the sequester takes hold, though not all at once. That amounts to about 6,300 lost jobs, with 3,600 of those jobs defense-related, he said. The number of unemployed people could rise even higher, considering many people who work in Massachusetts but live in New Hamp-



shire would presumably face layoffs as well.

"Folks are losing positions at the same time we're losing over \$1 million from the budget," Copadis said.

Employment Security will experience a 10-percent cut in services, impacting those who are currently unemployed. On top of that, with the sequester hitting anywhere and everywhere, unemployment in the state is only going to grow, further straining an already strained area. Hypothetically, if workloads were to remain constant — and no one expects them to — Employment Security could absorb the 10-percent hit on its own, Copadis said.

Copadis said his agency has sent a letter to the congressional delegation letting them know the impacts of sequestration.

"It's kind of a collision course, a perfect storm," said Mark MacKenzie, president of the New Hampshire AFL-CIO.

MacKenzie said many are wonder-

ing what will happen to unemployment benefits, benefits that have already been extended previously.

"Everybody we deal with lately is worried about their job," MacKenzie said. "I don't care if you work for the post office, which used to be pretty stable, fire, police ... people who work for the Portsmouth Naval Shipyard, which is productive — everybody is worried about their job."

Sequestration would slash \$744,407 from job training and employment services, impacting 6,104 people. An additional 4,912 workers would be hurt by cuts to the Department of Labor's employment service, according to a report by U.S. Sen. Tom Harkin, D-Iowa.

Employment Security's job training fund would lose about \$138,000, resulting in 4,900 fewer people getting "the help and skills needed to find employment," Copadis said.

People who receive emergency unemployment compensation, of which there are 1,558 people now, would see a 10-percent

reduction in compensation. Emergency unemployment compensation is an extension of standard unemployment benefits.

"We're going to watch closely to see how much the impact is on all of our New Hampshire Works offices," Copadis said, adding his agency may need to adjust staffing to accommodate demand.

"We'll want to provide services as quickly as we can," Copadis added.

Beyond the tangible impacts, the sequester has created economic uncertainty, not just for big banks and investors, but "everyday people who are beginning to realize there is a direct connection to the federal funding sources that help them maintain jobs," MacKenzie said.

"You've got to give people an opportunity for security in the workforce," MacKenzie said. "If you wake up and you're worried about whether or not you're going to have a job, that hurts everybody in a lot of different ways." 🐼

NEWS & NOTES

We have drug problem

Some issues are on an 'epidemic scale'

By Jeff Mucciarone
jmucciarone@hippopress.com

New Hampshire faces some serious issues when it comes to drugs and alcohol, especially with youth, who rank near the top nationally with high rates of binge drinking, marijuana use and drug and alcohol dependence.

But state officials say they have a plan.

The Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention and Treatment has released its five-year plan for combating drug and alcohol abuse.

"One of the things that drives the plan ... is just the epidemic scale of alcohol and other drug problems in the state," said Timothy Rourke, commission chairman. "The impact is not just on New Hampshire residents, but on our economy, on our quality of life overall, public safety. ... This is an issue that is so endemic as to how it negatively impacts society as a whole. We're at a tipping point, and more needs to be done."

New Hampshire has some drug problems, particularly with the state's youth: we've got the fourth-

highest rate nationally of binge drinking among 12- to 17-year-olds, fifth-highest rate of binge drinking in people ages 18 to 15, second-highest rate of marijuana use in people ages 12 to 17, and fourth-highest rate of dependence on drug and alcohol during the last year in 12- to 17-year-olds, according to the commission's five-year plan.

The commission's goals are simple: reduce the percentage of residents misusing alcohol and drugs, and increase the percentage of people with substance use disorders receiving treatment. But achieving those goals is not so simple. Recommendations include increasing outreach and education efforts, ensuring sufficient and permanent funding for programs, increasing training and professional development resources and working across agencies and institutions.

"I think it's an extraordinary document," said Amy Pepin, policy analyst with New Futures. Pepin worked on the plan with the governor's commission. "It's the clearest path forward that we've had because it does encompass so many different perspectives and so many different

A GROWING CONCERN

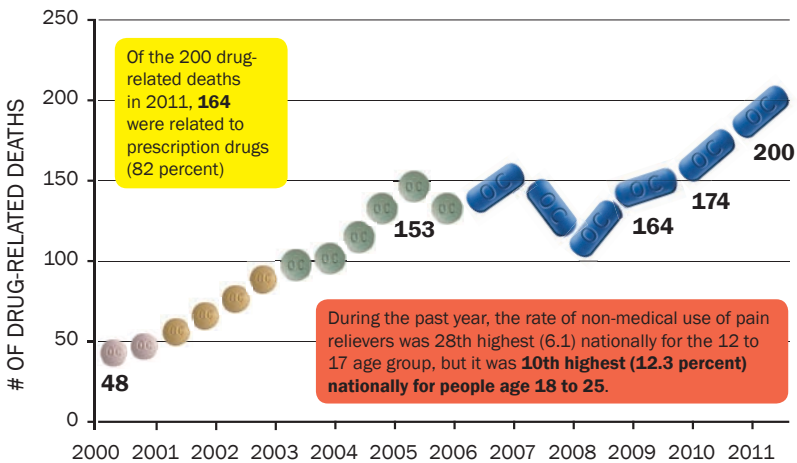
Drug-related deaths in New Hampshire have risen dramatically since 2000, when there were 48 drug-related deaths. In 2011, there were 200 drug-related deaths. Of those, 164 (82 percent) were tied to prescription drugs. Drug-related deaths in New Hampshire have risen dramatically since 1995, when there were 39 drug-related deaths. In 2011, there were 200 drug-related deaths. Of those, 164 (82 percent) were tied to prescription drugs.

participants."

New Hampshire is one of 16 states to have more drug-related fatalities than car accident fatalities, Rourke said. Rourke said prescription drugs aren't always to blame, but they play a significant role. The state is in the top 10 nationally for rates of prescription drug abuse by people ages 18 to 25. The Granite State falls in the middle of the pack when it comes to prescription drug abuse in the younger category.

The commission released a state-

Drug-related deaths in new Hampshire, 2000-2011



In 2011, 20.4 percent of high school students in New Hampshire reported having taken a prescription drug without a doctor's prescription at least once in their lifetime.

Between 2008 and 2010, the percentage of individuals entering state-funded substance abuse treatment for oxycodone increased by more than 60 percent, from 11.6 percent of patients in 2008 to 18.7 percent of patients in 2010.

wide prescription drug plan about a year ago, detailing a number of steps to curb abuse, including setting up permanent prescription drug drop boxes for people to deposit unused medicine. The state has also created a database of prescription drug users to help prevent doctor shopping — visiting multiple emergency rooms or doctors' offices in search of pain medication, Rourke said. New Hampshire was the last state in the country to set up a prescription drug monitoring system.

In a tough economic time, drug abuse is a drain on the state's economic productivity. According to a report by New Futures, a nonprofit organization working to reduce alcohol and drug abuse in the state, the state loses about \$1.15 billion annually — about 2 percent of the total personal income in the Granite State — due to excessive alcohol consumption and its resulting loss of productivity and earnings, along with increased spending on health care and public safety. According

Source: Dr. Thomas Andrew, NH Medical Examiner's Office

NEWS & NOTES

to the report, the state and local government share of the loss is about \$251 million.

The commission, which has been in existence since 2000, has made a lot of progress, but Rourke says there is more work to be done. A big piece of the commission's new five-year plan is to create targets and systems that allow officials to measure progress in the area of substance abuse.

"It's not just what needs to be implemented, it's also how do we monitor and measure performance so we can report back on how we're reducing the issue," Rourke said.

Another significant part of the plan is an effort to get state agencies and institutions to work together. Drug and alcohol abuse does not solely impact the Department of Health and Human Services. It cuts across society, Rourke said.

"When we think about the progress we've made, in order to go farther, we really need to work across silos, across systems, with a broader array of stakeholders," Rourke said.

Less booze, more bongs

There are positives in this state: New Hampshire has experienced a significant dip in the percentage of youths who are drinking alcohol during the last five to seven years. Rourke said the federal government has provided funding to address youth drinking, and subsequently, officials have seen progress in that area. But on the other hand, marijuana use is going in the wrong direction among adolescents.

"They're perceiving it as less harmful, and if they perceive it as safer, then they're more likely to do it," Rourke said.

Different substances, while they do overlap, provide different challenges. Alcohol and prescription drugs are legal, though abusers often obtain them in illegal ways: stealing medication, or in the case of youths, having someone illegally purchase alcohol for them. Marijuana, on the other hand, is illegal, but perceptions about risks are lessening, furthering a growing problem, Pepin said.

The five-year plan comes at a time when the legislature is considering various legislation that would legalize medicinal marijuana and reduce penalties for marijuana possession.

Marijuana appears to be a growing issue among New Hampshire's youth, with 11.3 percent of the state's 12- to 17-year-olds reporting regular marijuana use. Rates of marijuana use here are greater in each age group compared to the national average.

"It certainly appears as though there is a trend where more young people are using and really young adults are using on a regular basis," Pepin said. "That's a real concern."

On a positive note, the rate of high school aged youth reporting marijuana use decreased from 2003 to 2007, but the rate of people using marijuana before the age of 13 has held steady since 2005, the report said. The problem, as Rourke alluded to, seems to tie to public perceptions regarding marijuana —

more and more high schoolers are perceiving marijuana as carrying less risk. Pepin, who said New Futures is opposing pro-marijuana legislation this time around, said researchers have found perceptions of high risk or harm lead to reduced usage, while perceptions of low risk or that marijuana is a social norm lead to greater usage.

Alcohol remains the most abused substance both by youth and adults. That results in the most significant public safety issues, including car accidents, alcohol poisoning and domestic violence. It's particularly problematic among younger folks, with the rate of binge drinking among 12- to 20-year-olds in New Hampshire coming in as the third highest rate nationally.

Financial considerations

Substance abuse treatment and prevention is an underfunded area, Pepin said. When state agencies and nonprofit organizations seek funding and resources, officials want to know exactly what the funding is going to do. The five-year plan breaks down what results officials expect tied to what resources, Pepin said.

"So what we really tried to do is be able to say, 'Here's where we are now,'" Pepin said. "'This is what we want to do and if we resource it appropriately, here's the change we'll see.'"

It's all tied in with the state's tight fiscal situation — Rourke said there are questions as to how the state might be able to fund substance abuse programs. Medicaid expansion, something Gov. Maggie Hassan called for in her budget proposal last month, would hold some promise, since more people would have access to drug and alcohol treatment programs.

"One of the barriers is that New Hampshire is a state that doesn't put any funding into direct services for prevention," Pepin said.

Earlier this year, a legislator proposed a bill that would have increased a beer distribution tax, with all the extra money dedicated to alcohol and drug abuse prevention. The proposal was not met with widespread support. A portion of the beer distribution tax is allocated for substance abuse treatment, but money is diverted from the fund every year, Pepin said. The state spent \$13 million on drug and alcohol prevention and treatment last year, with most of that federal funding.

Pepin noted Gov. Maggie Hassan proposed expanding Medicaid eligibility, as the state has the option of doing under the Affordable Care Act, and expanding coverage to include substance abuse treatment. Pepin said it is key to reducing the state's substance abuse problems.

The state's alcohol treatment fund has seen its funding drop considerably in recent years, leaving questions as to how the state will continue to make strides in reducing alcohol abuse. Rourke said there is almost no state funding allotted for community-based alcohol treatment efforts; any funding is either from the federal government or from donations. 🗨️



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Marijuana back on stage

Lawmakers considering marijuana-related legislation

Marijuana is a big topic this session on three legislative fronts: medicinal marijuana, reducing criminal penalties and industrializing hemp. Kirk McNeil, executive director at New Hampshire Coalition for Common Sense Marijuana Policy, is at the heart of the debate. With Gov. Maggie Hassan apparently willing to consider medicinal marijuana legislation, the door might be open for proponents. Legislation would allow patients with debilitating conditions to use marijuana legally.

Q: What has the legislative response been so far?

So far, we have a lot of good support on industrial hemp and on the medicinal use of marijuana. Certainly, there are a few concerns on both bills and what they really mean, but the overall support has been good.

What's different now?

Some form of medicinal marijuana has passed the House and Senate just about every year since 2009, but there has always been a roadblock in the governor's office. Our new governor has indicated she would be interested in at least talking about or perhaps signing the medicinal marijuana bill, so we have a lot of focus in that direction. [McNeil stressed supporters simply want the chance to meet with the governor. That's something that never happened with former Gov. John Lynch.]

How has medicinal marijuana legislation changed or evolved in the past few years?

It's been a discussion of both using what some people call compassion centers or care centers, and the discussion of highly regulated, grow-your-own solution. It would allow patients to grow their own marijuana in a very tightly regulated and controlled way.

[He said it's about making sure the operation is controlled.]

Quite frankly, states like Maine have never had issues with their dispensary system. The folks who have had trouble with the dispensary system and the DEA [Drug Enforcement Administration] are the ones who just say, 'OK, you can have medical marijuana now,' but there's no system in place. There's no one to really control the situation ... so it's something to be introduced and talked about and worked with.

Given the change in the legislative makeup following the November elections, how surprised are you that these issues are picking up some momentum?

I'm not surprised at all. I was very pleased that Republicans saw the need for medical marijuana, and it passed through the House and Senate last year. Democrats have always seemed to have some sort of



Kirk McNeil.
Courtesy photo.

sense that this is something people want. It's a good thing to add to the toolbox for doctors and patients. It's really not a partisan issue.

Some might be concerned medicinal marijuana legislation is opening a larger

door. What would you say to them?

I would say that the legislative process is a dynamic one. Anyone who has spent time at the Statehouse knows there is a lot of room for discussion. The bills this year, that doesn't mean they can't be amended next year, and they could be amended to make them looser or they could be amended to make them tighter. ... When I spoke to the Health and Human Services Committee about medical marijuana last week, I told them I didn't expect this to be the final bill. I expect to be here two years from now talking with some of the same people about what worked and what didn't work, and what needs to be changed.

Legislation that would reduce penalties for marijuana possession: What kind of support is that getting?

I believe that while there is some support there and I believe there are good arguments to be made for reducing penalties, I also think the committee on criminal justice is going to want to study that some more. There was a tax and regulate bill that was already held over for study. I get the same sort of feeling on some of the other bills.

Does the public care about this issue?

Here's what I've found in New Hampshire: support for marijuana legislation is about a mile wide and an inch deep. Most people when you ask them, say, 'Yes, we should allow medicinal marijuana.' However, it's not something that most people are going to live and die on. The people who really care about it are the ones whose lives have been touched by illnesses that could have been helped by the medical use of marijuana. The public in general, they say, 'Yeah, sure, under the care of a doctor, absolutely.' But it doesn't mean you want to take time out and go to Concord and talk about it. — Jeff Mucciarone

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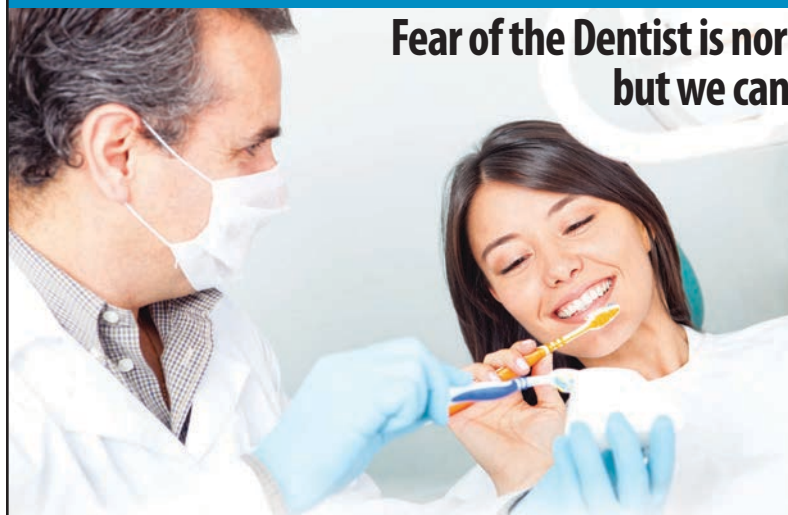
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NEWS & NOTES

QUALITY OF LIFE INDEX

Revenues down some more

State revenue continues to lag behind projections this year. In February, revenue fell 13 percent, and revenues are \$41 million off projections for the year, according to a Union Leader article. About \$34 million of the shortfall is tied to the state's Medicaid Enhancement Tax — hospitals are not in agreement with the state regarding how much they owe. In February, the telecommunications tax produced \$2.5 million, but it was expected to produce \$6.6 million. On top of that, business taxes were down \$4.4 million and tobacco taxes were more than \$2 million short of projections, the article said.

QOL Score: -2

Comment: *This just adds to the tight fiscal scenario budget writers are trying to address.*

Unpaid sewer bills adding up

Pembroke has a sewer problem. According to a Concord Monitor article, unpaid sewer bills totaled \$170,000 at the end of the last year, which amounts to about 20 percent of the town's sewer budget. The town's tax collector used to be able to place property liens on property owners who didn't pay sewer bills. But in 2003, the town switched policy and the sewer department ended up working independently, unable to place liens or enforce collections. Budget committee members recently suggested reviewing the Pembroke Sewer Commission to see how to fix the problem, the article said.

QOL Score: -1

Comment: *The commission has been forced to delay some work due to the unpaid bills.*

State has low rates of jailed young people

A study released by the Annie E. Casey Foundation found that New Hampshire has the fourth-lowest percentage of young people in jail, as reported by NHPR. The study uses Census data and shows that in 2010, incarceration of people younger than 21 was at a 35-year low. In New Hampshire alone, the rate of incarceration dropped 37 percent from 1995 to 2010.

QOL Score: +1

Comment: *The lowest would have been nice, but fourth will do. We're behind Vermont, Connecticut and Hawaii.*

Increase in N.H. child abuse reports

New Hampshire's child advocacy centers are reportedly seeing more victims. Granite State Children's Alliance, and the Rockingham County Child Advocacy Center both saw increases in cases from 2011 to 2012, according to an Eagle Tribune article. The state's child advocacy centers handled 2,065 cases in 2012, up from 1,989 in 2011. More than two thirds of those cases involved sexual abuse.

QOL Score: -2

Comment: *The numbers represent reported cases, not actual numbers. It is possible that awareness and better reporting account for this increase — but any number of child abuse reports is a bad thing.*

QOL score: 47

Net change: -4

QOL this week: 43

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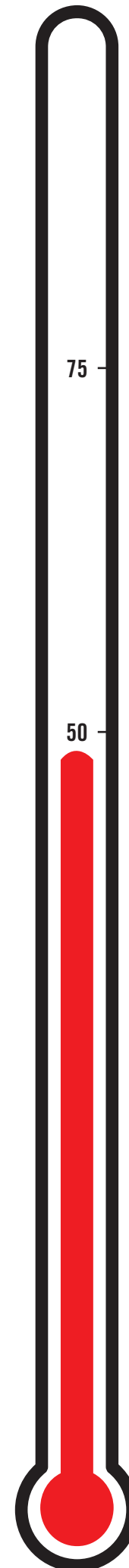
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SPORTS DAVE LONG'S LONGSHOTS

Going to the bottom no guarantee to the top



In the wake of what turned out to be a complete dud of an NBA trading deadline, **Danny Ainge** caught his share of flak for not making a deal that could help the team this year or going forward.

This was despite all sorts of rumors like the C's and Lakers swapping **Rajon Rondo** for **Dwight Howard**, where only **Seth McFarlane** at the Academy Awards had a worse time this year in L.A. than the Dwightmare. Another had **KG** going to the Clippers for young'n **Eric Bledsoe** and big **D'Andre Jordan**.

And then **Paul Pierce** was supposedly headed to, among other places, New Jersey or Atlanta. Danny got flak, because after Rondo went down for the count many are willing to flush the season and apparently the next couple if KG, Pierce and Rondo were sent packing. That's because they fear being left empty-handed when Pierce and KG retire, a la **Red** holding on to the Big 3 till the bitter end and then meandering for 16 title-less seasons after **Larry Bird** retired.

Many of those folks are in the "You've Got to Go to the Bottom to Get Back to the Top" crowd, meaning you've got to tank a season to get a pick good enough to lead them to a title. I get the logic of the argument and know it's worked a few times — like with Seattle/Oak City being there to take **Kevin Durant** in 2007. And it famously worked for San Antonio when it got **Tim Duncan**. But those were the two years the Celtics tanked it and came up with **Chauncey Billups** and **Ron Mercer** at 3 and 6 rather than Duncan in 1997 and **Jeff Green** at 5 when they were angling to get **Greg Oden** in 2007 — who worked out just great for Portland, didn't he?

The problem is since just three guys

taken first overall since 1990 have won a title, tanking to get the top pick is no guaranteed thing. And worse, of the nine they collectively won, only Duncan won them with the team that picked him, as **LeBron** and **Shaq** each won one with Miami, with Shaq's other three coming in L.A.

Again, I get why tanking to get the top player makes sense on paper, especially since only Seattle in 1979 and Detroit in 2003 have won NBA titles without an elite Top 5 player dating back to **George Mikan** in the early 1950s. But it's more complicated than automatically tanking for two reasons.

First there has got to be that "build around" guy in the draft who can be elite status like Duncan and Durant have been and **Derrick Rose** was before he got hurt. Ditto for Howard in '04, **LeBron** in '02 and **Shaq** in '92.

But how did it work out for Washington with **John Wall**, Toronto with **Andrea Bargnani**, and Milwaukee with **Andrew Bogut** in just this century? Then there's **Yao Ming** and **Greg Oden** — who had the goods, but their bodies just couldn't handle the rigors of the NBA.

Then you have to beat the odds to actually get that top pick in a year like 2007, when Durant was there with Oden, or 2002, when **Carmelo Anthony** and **Dwayne Wade** were there. But if you don't get those, you're going back the next year.

The post-**Michael Jordan** Bulls tried to pull this off, so much so that their imbecile GM **Jerry Krause** actually pushed Jordan out by forcing **Phil Jackson** out in favor of bringing in **Tim Floyd** as coach, which was even dumber than Portland passing on Jordan to take **Sam Bowie** in 1984.

The brilliant plan was to go to the bottom, so **Scottie Pippen** went out next, and in just one year they got the top pick,

which they used on **Elton Brand**. Two years later he was traded to the Clippers (who until the last two years have had a zillion lottery trips the last 30 years) for the second pick. That became **Tyson Chandler**, who took 10 years to turn into a pretty good player. They also took 7-footer **Eddie Curry** at 4, who might have been the worst player in the entire draft and certainly not even in the same universe of those taken after him, like **Shane Battier**, **Joe Johnson** and **Tony Parker** at 27, who is now the man in San Antonio and a driving force in two of Duncan's four titles.

Long story short, the Bulls stayed at the bottom for 10 years, which is how they got to pick Rose in 2008. And there are plenty of other horror stories of how going to the bottom was a complete disaster, like in Minnesota, where they traded **Kevin Garnett** in 2007 and haven't escaped lotteryville yet.

And you know who's won the most titles while the "championship drive" Celtics have won just once in the last 27 years? The Lakers with seven, who haven't had a Top 5 pick since **James Worthy** in 1982 and had to absorb the sudden retirement of **Magic Johnson** to HIV. Three came after they recruited Shaq as a free agent, and two more after making a great trade for **Pau Gasol** and getting **Andrew Bynum** at 10, while Kobe, who was taken at 13, has been there for all of them. So it's worked best for a team that never went to the bottom.

So all I'm saying is, going to the bottom is no guarantee to do what so many think it does.

Dave Long can be emailed at dlong@hippopress.com. He hosts Saturday Morning Sports with Dave Long from 10 a.m. to noon Saturdays on WGAM — The Game 1250-AM in Manchester and 900-AM in Nashua.

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1993 - Duval says go west and Blue Knights respond

The region was gripped by the last big recession, St. Anselm and New Hampshire College were about to face each other in the NCAA Division II Basketball regional on North River Road, and the comic genius of **George Carlin** was on display at the Concord City Auditorium. It was March, 1993 and Manchester West had just begun its trek to claim the Class L basketball title under the late, great **Danny Duval** in his final season as its coach. The first step was taken against cross-town rival Trinity, led by the state's top player **Tunji Awojobi** who had 27 points in a first round win over Dover. Next he went for a 28 point, 17 rebound effort, but it wasn't enough as the Blue Knights pulled out a 58-51 win with a 9-0 run to close the game. **Jason Richardson** led a balanced attack with 11 points and 9 rebounds. Portsmouth was then sent packing 63-51 as **Todd O'Connell** had a game high 17 points while **Danny O'Donnell** controlled the pace as he handed out 18 assists. Then came top ranked Pinkerton in the final which followed the script in a tight first half that West led 23-21 when it ended. But it was a different story in the final 16 minutes as the Blue Knights blasted off on the Astros to run up a 38-20 second half margin on the way to the 61-41 final. Richardson had the game of the day with a 25 point, 17 rebound afternoon as West won its last state basketball title in what was another great event for Manchester.

082593

Sports Glossary

No. 1 — Tim Duncan: All-time great who's on most Top 20, if not Top 10, lists and in the debate with **Shaq**, **Kobe** and **Kevin Garnett** as best player of his era. Had the great advantage of going to the Spurs, who were bottom-feeding only because **David Robinson** was lost for the year, and spending four years in college didn't hurt either. The bottom line on the career — two MVP's, two Finals MVP's, nine times first-team All-NBA, 14 All-Star appearances and four titles — sends him to the Hall.

No. 2 — Keith Van Horn: Likened to **Larry Bird** when he came out, which was waaaay off. He was drafted on draft night and lasted a mere nine seasons spent with five different teams. Didn't start badly by averaging over 19 a game his first three seasons with a high of 21.7, but it was all downhill from there in a career that just petered out.

No. 3 — Chauncey Billups: Might have been a Celtic for life if the impatient **Rick Pitino** got fired after two months to be able to trade him to Toronto three and a half months into his rookie season for **Popeye Jones**, **Zan Tabak** and **Kenny Anderson**. That started an odyssey that took him to Denver, Orlando, Minnesota, Detroit, Denver again, New York and L.A. in addition to Boston and Toronto. With five All-Star games, one title and a Finals MVP in Detroit, he may be the second-best guy in the draft.

No. 4 — Antonio Daniels: Lasted 872 games, but was never more than a journeyman and not worth being picked where he was.

No. 5 — Tony Battie: Made it 14 years and had some good ones at center with the Celtics, but you'd only be smiling if you picked at around 20.

No. 9 — Tracy McGrady: You'll get an argument from some he's No. 2 in this draft after joining the NBA straight from high school to deliver some high-flying seasons. Downside is he never won a playoff series, and the career petered out early mostly due to a string of injuries. Still a great pick at 9.

SPORTS DAVE LONG'S PEOPLE, PLACES & OTHER STUFF

Fouls Central to Trinity win

The Big Story: The battle for No. 1 seed in the upcoming Division I Basketball Tournament went to Trinity via a 49-45 win over Central on Tuesday. The big guys for the Pioneers were **Mabor Gabriel** and **Carmen Giampetruzzi**, who had combined for 31 points and 24 rebounds and scored 11 of their final 13 points. **Troy Pelletier** was a game high for the Green with 20 despite dealing with a box and one most of the way. And next time someone tells you foul shots don't matter — tell them to check this box score as Trinity's win came by virtue of a gigantic 21-6 advantage at the line.

Sports 101: Who is the only player from a losing team to be named an NBA Finals MVP?

Double-Double of the Week: Bishop Guertin hurdler **Betsy Garnick** pulled off a unique one by winning the 55-meter hurdles at the New England Indoor Track and Field Championship in Boston on Saturday, as her 8.01-second time broke her own state record.

Upset of the Week: It was 14 seed Memorial taking down 2 seed Pinkerton 40-39 in the opening round of the Division I basketball tournament, with the final dagger being a 3-point shot by **Amelia Imamovic** in the waning seconds while **Mekenah Grisson** and **Allie Hartford** chipped in with 13 and

11 points respectively.

Comeback of the Week: The Pinkerton hockey team, which went down 3-1 to Concord in the second period of its opening-round game in the NHIAA playoffs, as **Adam Godbout** registered a quick hat trick before the Astros launched a furious comeback to earn an 8-4 win. Three quick goals from **Steve Leonard**, **Devin Moore** and **Connor Brady** gave them a 4-3 second-period lead. And after another from Brady 33 seconds into the third period, they never looked back.

Sports 101 Answer: Jerry West, who ironically was the first Finals MVP in 1969, is the only one to come from a losing team when L.A. lost to the Celtics in **Bill Russell's** final year.

On This Date - March 7: 1857 — Baseball decides nine innings constitutes an official game, not nine runs as it was originally. **1940** — Montreal Canadiens lose record-tying NHL 15th straight game at home. **1982** — NCAA Basketball Tournament selection televised live for the first time. **1986** — **Wayne Gretzky** breaks own NHL season record with 136th assist. **Births: 1950** — **Franco Harris**, Steeler immortalized by his game saving Immaculate Reception vs the Raiders in 1972. 🐼

The Numbers:

1 — second remaining when **Tori Florence** capped a comeback from 11 down after three quarters with a lay-up to tie it at 59-59 and send its NHIAA opening-round game with Pelham into OT — before losing in OT 68-63.

5 — number of numbers now retired in the UNH football program after two-time All-American linebacker **Matt Evans** joined 1970s running back **Bill Burnham** (36), **Jerry Azumah** (25), **David Ball** (3) and **Ricky**

Santos (2) at the team banquet on Saturday night.

11 — foul shots made of a whopping 15 taken in the fourth period by Bishop Guertin as they downed Salem 63-59, when **Jeff Lunn** had 20 for the Cardinals and **Mike Felix** was game high with 22 for the Blue Devils.

21 — wins against just one loss for Bow after it knocked off defending state champ White Mountain in a terrific defensive display 29-17 to win the Division III State title, as **Lindsey Nerbonne** had a

game-high 9 points.

30 — game high points from Londonderry's **Aliza Simpson** as the Lancers moved on to the semi-finals of the D-I playoffs with a 73-55 win over Nashua North.

37 — saves from goaltender **Martin Jones** on Saturday in a 4-1 **Manchester Monarchs** win over **St. John's IceCaps** as they moved to two games over .500 at 26-24-3-3 and into a third-place tie in the Atlantic Division with Worcester at 58 points.



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Lighters. Tents. Grocery stores. Bottled water.

Twentieth- and 21st-century inventions have made it easy to forego basic skills that many years ago were critical for survival. Why learn how to use a bow drill if, with just the flick of your finger, you can turn on an electric fireplace? Why learn about the characteristics of wild edible plants when you can just buy Spaghettios at Market Basket?

Modern life is so much easier.

The bad news is, there are very real situations where choosing figure skating over Girl Scouts could come back to haunt you. Worst-case scenarios include getting lost in the woods after veering off a well-marked trail, or going for a run and finding yourself face to face with a bear.

Skills like building fire, finding and purifying water and gathering edibles are those that, at some point, might save your life.

"People have been doing this for hundreds, thousands of years, finding food and water, finding their way through the woods," said Celeste Barr, who directs educational programming at Beaver Brook Nature Center.

Programs through Beaver Brook, New Hampshire Fish and Game and Becoming an Outdoors Woman, as well as survival skills workshops, have become increasingly popular over the past few years. People want to go back to these basic skills that used to be human instinct.

Is it because of recent disaster storms that have destroyed homes and/or left people without power for weeks? Because of popular shows like *Survivor* or books like *The Hunger Games*? Maybe. But more becoming is their practicality and the sense of empowerment you get from having this knowledge.

We talked to a few local experts to nail down the basics: food, water, shelter, fire, plus a few extra tips. Because no, your cell phone can't help you without a charged battery or a signal.

16 ►



What to bring?

You don't need to pack like you're going camping if you're just taking a quick walk outside, so this list will change depending on what you're doing or where you're going. Good planning for a half-hour run around the neighborhood can be as simple as having a cell phone and personal identification on you in case something happens.

Likewise, a short hike doesn't require quite as much "stuff," although people tend to underestimate how many items they should bring because they assume an afternoon hike will only take a couple hours or that there's no chance something could go wrong on a well-marked trail. Of the average 160 search and rescue missions Fish and

Game conducts each year, most are for people who weren't prepared. "It's hard to put a number on it, but it seems that the majority of the people [who require a rescue] are those who either get caught after dark or are unprepared because they don't have the right equipment with them," Morse said.

Here's what Conservation Officer Brad Morse keeps in his pack for New Hampshire Fish and Game search and rescue missions. It sounds like a lot of stuff, but most of these items are small and can fit in a backpack. (Plastic bags are your friends; they help keep things compact and dry.)

1 Map and compass or GPS or both: These are only useful if you know how to use them.

2 Food: Trail mix, granola bars work.

3 Outsmart Survival Guide: Morse handed these out at a recent Fish and Game-hosted event. They're small, pocket-sized books that feature tips on fire building, shelter building, signaling, finding water, making knots, using a compass, finding wild plant food, etc. This tiny, 60-page booklet also has a miniscule first aid guide. Morse often uses this book as a reference, too. Check out outsurthsurvivalguide.com for information about ordering.

4 Layers: Look at the "what to wear" box.

5 Knife: Boy Scouts say bring a pocket knife, Morse says you can get a good, saw-like knife at WalMart. Rychwa says bring something large and heavy-duty. It's up to you. This could be the most useful tool you have with you, key for cutting branches, wood or bark, or making slits and notches in tools like your bow drill or branches to keep your shelter up.

6 Matches/flintstikers/fire-starters: You can buy specialty storm matches, flint. Cotton balls with vaseline are great fire-starting material. (They need to be 100 percent cotton.)

7 Water bottle/cup: Bring as much water as you'll need for your activity. It's not a bad idea (in fact, it's a very good idea) to choose a metal or non-plastic water

bottle. That way, if you do become stranded, you can use the water bottle to boil water to make it drinkable. (Never boil water inside a plastic water bottle.) Keeping hydrated will also help keep your body temperature up.

8 Flashlight: Choose one that's light. Reverse the batteries during the day or put tape over the switch to prevent the light from turning on in your bag.

9 Sunblock

10 Whistle: So that if you need to be rescued, Search and Rescue can find you.

11 Emergency kit: You'll want one for longer ventures. Morse has Tylenol, Motrin, bandage tape, large gauze, a Butterfinger almond candy bar (these are actually better than trail mix in emergency situations because they get

your blood sugar up fast), and Jell-o mix. There's something about Jell-o mix that works well in replacing glucose. "When you shiver, your body goes through a ton of glucose. It's almost like being in a diabetic state," he said.

12 Emergency blanket: He's got an "SOL" emergency blanket that folds up into a tiny, pocket-sized shape. These are helpful in creating shelter. But hey, a trash bag could work too, said Conservation Officer Heidi Murphy.

13 Cord: You can do a lot with 30-40 feet of cord. You might find it most useful in tying together a handmade debris shelter.

14 CR123 lithium batteries: They'll last 160 hours.

15 Signal mirror/glow sticks: Use these to attract aircrafts.

What should you wear when you go outside?

Layering is key. What you wear is dependent on the length of your outing and the time of year of your outing, but you can't go wrong with synthetic layers.

- **Your first layer:** Make it either a thin wool layer or a synthetic fabric. Cotton kills when it comes to staying warm outside because when wet, it will weigh you down. For women who are going to be venturing outside, synthetic bras are also good investments.

- **Your middle layer(s):** Again, wool or synthetic fabric. Fleece works well as a middle layer, too.

- **Your outer layer:** Some sort of wind-resistant shell. Conservation officer Heidi Murphy says having these synthetic first layers on hands and feet is also useful. On a number of occasions, she's had to change her layers during or after an emergency call because some of her outer layers became moist. Having these thin sock liners, glove liners, synthetic pants and a thin-layered top saved her from having to expose her skin to frigid temperatures.

"You really can't rely on the weather. It snows every month of the year on the Presidentials," Morse said.

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ARE YOU A SURVIVOR?

What to do if you're lost in the woods

So, it's official. You're lost/stuck/unable to continue. Admitting it is the first step — or at least, conservation officers are hoping that you'll admit it. It makes it that much easier for them to come and find you if you stay put the instant you realize you're lost.

Once this resonates, don't panic.

"Once you panic, you're kind of done," conservation officer Heidi Murphy told a group at New Hampshire Fish and Game's Becoming an Outdoors Woman program recently.

Master Tracker Jeff Rychwa, who studied at Tom Brown Jr.'s Tracker School and has 25 years of tracking experience, agrees. He tells students in his primitive skills workshop in Milford that keeping your head is 50 percent of what's going to keep you alive.

"If you're in the mindset that you're cold, if you're in the mindset that you're miserable, you're dead," he said.

Brad Morse, another conservation offi-

cer who taught at Becoming an Outdoors Woman a couple of weeks ago, recommends that you follow S.T.O.P.P.E.D. (Sit down, Think, Observe surroundings, Plan a course of action, Prepare to spend the night, Execute the plan with Determination.)

Also, don't sweat; figuratively, yes, we mentioned that earlier, but also literally. Yeah, you'll be warmer at first, but once you stop moving, you'll be freezing, no matter how many layers you have on, Rychwa said. Take a course of action — build shelter, build fire, but if you feel as though you're beginning to perspire, stop or slow down. Becoming damp is perhaps one of the worst things that can happen.

Thinking clearly and having confidence is your No. 1 weapon in surviving emergency situations. Because what good is being able to start a fire if you don't have the sense to do it somewhere protected from the wind? What good is a match if you don't have the sense to keep it in a plastic bag so that it remains dry? What good is panic if you can't channel it into saving your life?

What should you do if ...

... You come across a bear in your yard or in the woods?

One good thing about venturing out in New Hampshire is that generally, you don't have to worry about getting eaten by a bear. The only kind of bear that lives in New Hampshire are black bears, and the last time someone was killed by one was 1784, according to the New Hampshire Fish and Game website. And they're generally going to be more afraid of you than you are of them, said conservation officer Heidi Murphy. Usually, the best thing to do is ignore them; however, sometimes (and this is on a rare occasion), one may "bluff charge" — ground, huff, blow and chomp its teeth in attempt to get you to move a more comfortable distance away. There are a few courses of action when this happens; New Hampshire Fish and Game advises to speak in a soft, calm voice and slowly back away, while not averting your eyes or turning your back, which would show weakness. Murphy says to raise your arms in the air to make yourself appear bigger. Mother bears will be even more keen to scare you off. Bears can out-swim, out-run and out-climb you, so there's no point in running away, but Fish and Game says that if you are attacked by a black bear, you should fight back rather than "play dead." Take special note that this advice is for New Hampshire bears only. If you travel out West and find yourself face-to-face with



a grizzly bear, you may find that this isn't the best method.

Also avoid leaving "breadcrumbs." Deb Wyman, Girl Scouts of the White/Green Mountains leader, says that when you're camping, hoist your food in a food bag and hang it in a tree. Much of the time, bears will find you because they're attracted to food you're carrying. "This will prevent them from finding food to begin with. Never keep food in a tent or shelter; even in an established campground, you don't do that," she said.



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ARE YOU A SURVIVOR?

Practice and prepare

Be prepared — it's the Boy Scouts' No. 1 rule, said John Rainville, program director of the Daniel Webster Boy Scouts. Preparation certainly helps individuals get out of sticky situations like these, but it can also help you avoid them to begin with.

"If you do a good job of being prepared, most of the time, you'll be able to avoid dangerous situations," he said.

Ideally, that's the goal. Part of that has to do with taking proper precautions before you walk out the door, whether you're going for a mile-long, meandering walk up Mount Major or an overnight trip on Mount Washington.

Before you trek out into the wilderness, ensure you're wearing proper clothes. Your clothing is your first line of defense, and no matter what the weather, synthetic layers are ideal. They dry quickly if they become damp, either from perspiration or from outside elements. (See box for specifics.)

You also need to ensure that you have the right tools. Food, water, a map and knapsack are all key, but depending on your venture, there are some other items that you'll want to bring, too. (See box.)

About that cell phone: bring it with you, said Morse, but keep it off and in an inside coat pocket to keep it warm, as low temperatures can damage your phone's battery. Also keep it off until you need it. Morse says that he's lucky if his lasts 20 minutes if he's out on a save where cell towers are far away.

Another incentive to prepare for the worst and keep extra layers: Murphy and Morse discovered through a number of cold ventures that your finger actually has to be warm to use a touchscreen phone.

One thing you'll always want to do before you head out is leave an itinerary.

"In a number of instances, we were able to find people because they had an itinerary," Morse said. One of the guys they saved had left an itinerary both on his car windshield and at the hotel he was staying at.

"If he hadn't left this itinerary, he would have died," Morse said.

It's also not a bad idea to tell someone where you're going for a run, a stroll, or a cross-country ski venture through the rail trails down the street. Otherwise, if something happens (you sprain your ankle or become lost), it might be hours before someone realizes.

Signaling

Fire and smoke can be used as signals. During the daytime, it's a fire's smoke that will be most visible, so add green or damp plants to the fire to send a signal. If you're lost, blowing a whistle (which you will have brought) will help Search and Rescue find you. (Side note: many backpacks, such as those from North Face or L.L. Bean, have whistles on them.)

Being prepared also means knowing how to use certain tools. All of that awesome stuff you bought at L.L. Bean is useless unless you know how to use it. Practice starting fires (this doesn't make you a pyromaniac), practice orienteering, practice doing things with thick gloves on. This information, in fact, this article, will probably be of little use unless you take action and physically learn these skills.

Three ways to build a fire

Once you've decided on a course of action — primarily staying put if you really are lost — your two most important goals are to keep warm and dry. Do this by building a fire and shelter; allow at least one hour to build the fire, one to three to build the shelter.

In order of importance, getting a fire going comes first, creating a shelter comes second and everything else follows. You can live approximately 30 days without food, six without water. In some environments, without fire or heat, you'll live just several hours. With fire, you also have a means to make water drinkable by boiling it. (Take water from streams or melted snow. Do not eat snow for hydration. It'll decrease your body temperature.)

The best way to become good at making fire is practicing. Choose a spot that's protected from the wind — either naturally, or by building a firewall — and a spot, if possible, elevated from the ground (or at least not touching the ground directly, since the ground is cold).

Here are a few methods, courtesy of New Hampshire Fish and Game, Master Tracker Jeff Rychwa and the Boy Scouts.

Method 1: Match/Lighter Begin by collecting tinder (material that ignites very easily, it must be absolutely dry). This could include paper, leaves, grass, bark, resin, beech tree leaves, birch bark, pine needles, the shredded inner bark of cottonwood, elm or cedar trees, the fluff from a mouse nest or chipmunk burrow, or material that you brought with you. (Morse and

Useful resources

Many of these websites offer useful outdoor skills information as well as workshops/classes that teach these skills.

New Hampshire Fish and Game, wildlife.state.nh.us
New Hampshire's Becoming an Outdoors-Woman, nhbow.com
Boy Scouts, bsahandbook.org, nhscouting.org
Girl Scouts, girlscouts.org
Myofu An (hosts survival skills workshops), myo-fu-an.com, crowsurvival.com

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Murphy recommend vaseline cotton balls or toilet paper). Place a big, loose handful of tinder in the middle of the fire site. Arrange small kindling over the tinder (dead twigs, no thicker than a pencil). Gather small and medium-sized sticks (fuel wood) around the kindling as if they were the poles of a teepee. Leave an opening in the teepee on the side against where the wind blows; that way, air can reach the middle of the fire. Light the tinder first with a match or lighter. Hopefully you know how to do this. If not, it's very simple. Slide the match head quickly along the striker.

Method 2: Flint striker This is more difficult than lighting a match, but the nice thing about using a flint striker in building a fire is that you don't have to worry about it getting wet; you can purchase flint and steel at places like WalMart, outdoor/recreation stores and online. It looks like a steel rod and razor keychain. Aim the bottom of the striker where you want the flame to go – to the tinder – and use the blade (or a knife, if you'd rather use that) to strike the rod in the direction of the tinder. It's a downward shaving motion. Once the tinder is lit, use the above steps to build the fire.

Method 3: Bow drill/ "Fire by friction"

It's not necessarily something you'd do all of the time — chances are, you won't always have a fireboard, a bow and a spindle with you. But you can learn this through the Scouts (usscouts.org/firebyfriction).

asp). Chick Wetherbee usually holds workshops every year (we wrote about one of them, which was held at Beaver Brook last fall, e-pages.dk/thehippo/233/32). Myofu an, a Milford martial arts school, also offers weekly primitive skills workshops.

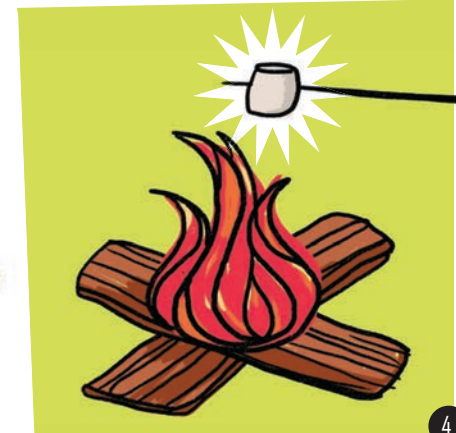
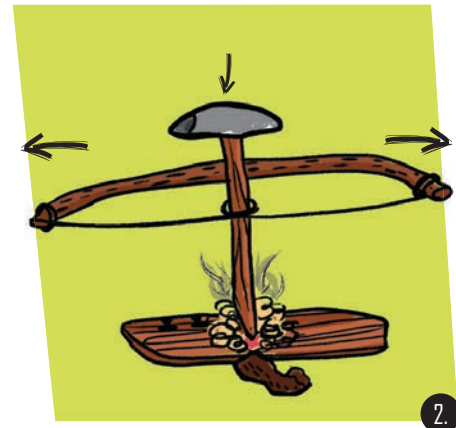
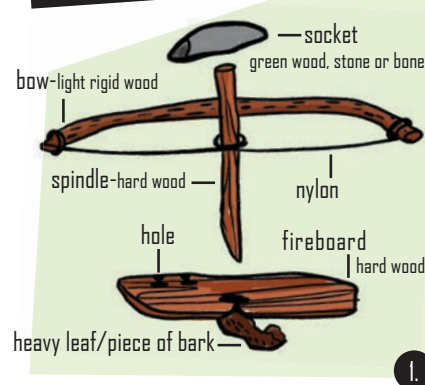
"It's like a historical empowering kind of class. It's not like Indians rubbing two sticks together. You have to have a device that you fashion out of wood and twine. Then you can start a fire," said Celeste Barr of Beaver Brook.

What you need: tinder, fireboard with notched holds (red elm, cedar, basswood, walnut, blue beech, cottonwood, yucca, cypress and tamarack all work), "thunder head" (a handhold), a spindle (one side needs to be more pointed, the bottom more rounded) a bow, kindle and fuel.

Here's how it works: Lubricate the top of your spindle. Wrap the bow cord once around the spindle, and hold the spindle perpendicular to the fireboard, fat bottom down. Take the "thunderhead," the handhold (this should also be notched), and place it on the spindle, applying pressure downward. Then, with your right hand, move the bow back and forth. The spindle must remain perpendicular for this to work. It will spin back and forth.

It's hard work. If you're doing it right, the connection of the fireboard and spindle will start to smoke. Take the ashes left over to ignite your tinder. You may need to blow on the tinder for it to catch.

How to use a bow drill



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What should you do if ...

... You twist your ankle while on a run in the woods

Information courtesy of the Boy Scouts Handbook.

Determine what it is. A sprain occurs when an angle, wrist or other joint is twisted or bent far enough to overstretch ligaments. A strain happens when motion causes tears in muscle fibers. This will hurt, but but there won't be that defining "crack!" that you'll hear if you've broken a bone. These injuries are recommended to be treated with "RICE": Rest, Ice, Compression, Elevation. Wrap the injury with an elastic bandage, snug enough to provide support, not so tight that it cuts off circulation. You can walk on a sprained ankle if you can do so without much pain. For broken bones, you can make splints from whatever you can find: boards,



branches, hiking sticks, ski poles, shovel handles, cardboard, rolled-up newspaper. Splinting relieves pain and reduces chances of additional injury. Don't try to straighten or reposition an injured bone, and be sure to extend splints beyond the joint above/below the suspected break. Cushion a splint with clothing, padding, etc. Hold splints and padding in place with bandanas, bandages or wide strips of cloth. (You may have to rip this from your own clothes if this really is an emergency survival situation.)

Find or create shelter

First, look around: what natural resources are available? Are there any caves, rocks or overhangs? Are there any "shelter helpers," like a large boulder, a cliff base or a rock wall, that will help support something like a lean-to?

Location is important. You don't, for instance, want to build a shelter at the top of a mountain; it's windy, colder, and offers you no protection from wind, rain or snow. At the same time, you need to think about visibility. Are you in a place where you'll be found?

It's also important to make sure you camp out in a spot that's safe from natural hazards, like wind, flash floods, avalanches and poison ivy. (More on this later.) If possible, you should also have building material, fuel for fire and water nearby.

"Be creative," Murphy said. "Look at the resources around you, look at the resources you have."

Even if you didn't bring rope, you may still have something that you can use to build a strong shelter structure: your shoelaces, a strip from the bottom hem of your shirt or flexible, bendy tree branches. (Boy and Girl Scouts will cringe at this because of their vow to "leave no trace." However, you'll find out early that if you're going to survive, you might need to cut down some branches and rip off some bark.)

Also important in keeping warm is creating a floor bed, which will keep you protected from the cold and damp ground. Lay leaves, grass, plants and evergreen

boughs like spruce, cedar and fir. Lots of bough layers means better insulation from the ground and more comfort.

What you create will be different depending on your surroundings, weather conditions, the time of day and what tools you have, but there are a few basic structures that you can go for. By no means is this list complete; use these as ideas to fuel your creativity when your life depends on it.

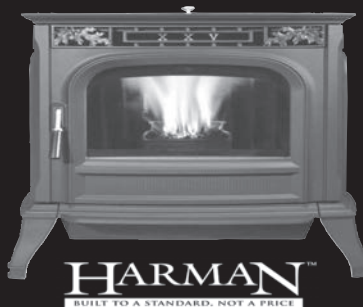
If darkness is approaching, chances are, you might not have time to create a sufficient shelter. In this case, find refuge in a small cave or under a hanging tree.

• **Rope/tarp shelter:** This is assuming that you have some sort of tarp, blanket, sheet, plastic bag, whatever. Drape it over a cord that's connected between two trees, or bend and tie down a small tree horizontally to create a structure to drape the tarp over. Hold down the edges by packing snow (in the winter time, it can act almost like glue if done right), with rocks or with more tying adhesives.

• **Lean-to:** Make one of these if you have some sort of natural wall nearby. A knife or wire saw would be handy in making one of these, as would some sort of rope/tying adhesive.

• **Frame lean-to:** Sometimes also called a "debris hut." This is built by making a tripod with two short stakes and a long ridgepole. Use the two short stakes to hold up the longer and some sort of tying adhesive to hold it all together. Use leaves, branches and debris to create walls. This is ideal if you don't have any natural walls or tarps nearby.

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What should you do if ... You fall through thin ice?

Ice needs to be at least six inches thick before individual foot travel, eight to ten inches for snow machine or ATV travel. Right now, the ice is "weak," because of the varying weather conditions: warming trends break down ice, and then slushy surfaces refreeze it. Areas near inlets, outlets and spring holes can be dangerously thin, so be wary of practicing your toe-loops there. NH Fish and Game recommends that if you do break through the ice, you move or swim back to where you know the ice was solid. Lay both arms on unbroken ice and kick hard to lift your body onto the ice. Once you're out of the water, roll away from the hole until you reach solid ice.



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079044

• **Snow shelter:** One example is called a "quinzee." This is the best shelter when wind chill is below -20 degrees. Minimum wall thickness should be about 20 inches. Pile snow until almost head height. Ideally, you should pile snow as soon as possible so that it's settled before you begin digging. Start digging below and work your way up. (Hot air rises, so you'll want the tunnel to slope upward.) Keep a vent hole open (jab a stick through the roof) and some free air space at the doorway. These shelters are surprisingly warm; if you have a candle or are able to start a small fire inside, the air inside can be up to 30 degrees warmer than outside.

Finding water

Don't drink the water. Purify it first. The Boy Scout Handbook says to either take water from a stream or melt snow.

"Be careful when you're melting snow [in case] it's covering up or touching something like poison ivy," Rychwa said. To avoid this, take only the top layer of snow.

There are a few ways to purify water:

Boil: Bring water to a boil for a full minute. This will kill most organisms. Use a metal (not plastic!) water bottle or cup.

Filter: There are water treatment filters made for hikers and campers. Some contain chemicals that make water safe to drink, some pump water through pores small enough to strain out bacteria and parasites.

Treat: You can purchase water treatment tablets to make water drinkable. This usually calls for one or two tablets to be dropped into your water bottle (but follow packaging directions). They can lose their strength over time, so it's advised that you check the expiration date on the label.

Wild food

If you're lucky, you might be able to find edible plants nearby. You just need to know what to look for. Trevor Nozell of Merrimack put together a wild edibles brochure through the Beaver Brook Association. (Many people actually use these items in regular recipes. Barr likes to throw dandelions, for instance, into salads.)

The No. 1 rule: If you are unable to identify the plant, don't eat it.

Dandelions are everywhere. You can eat the entire plant, including the flowers, stems and roots. (But don't use the seed head other than blowing to make a wish.) It can be eaten raw, or the leaves and flowers, dried or fresh, can be used in a tea. It'll be less bitter in the spring.

The **Eastern Hemlock** tree (also called *Tsuga canadensis*) is different from the Water Hemlock, which is poisonous. (This is the same plant that Socrates was poisoned with.) Luckily, it's only the name that's similar. These trees are often found along streams, and they grow in well-drained land, alongside yellow birch, sugar maple, red maple, white pine and red spruce, according to Nozell's edible plant guide. You can use the inner bark in cooking, but in survival situations the needles can be used fresh or dried in tasty teas. A handful of these has a comparable amount of vitamin C to an orange. Chopped needles from fir, hemlock, spruce and pine trees can be simmered in water to create tea.

Chickweed (*Stellaria media*) can be found in "temperate and arctic" zones. You can eat the leaves raw or boiled.

Purslane (*Portulaca oleracea*) is sometimes characterized as a weed in the United States, but it's quite rich in vitamins and minerals. Ghandi called it one of his favorite foods. It can be eaten raw or boiled (but boil it if you want to remove the sour taste).

THIS WEEK

EVENTS TO CHECK OUT MARCH 7 - 13, 2013, AND BEYOND



Friday, March 8

Come hungry, leave happy. Culinary students at the Nashua Technology Center and Concord High School will make the hors d'oeuvres for the New Hampshire Epicurean Dinner from 6 to 7:30 p.m. at the Crowne Plaza in Nashua. Then enjoy a five-course Asian fusion dinner prepared by chefs of the Hilton Garden Inn in Manchester, Crowne Plaza in Nashua, Nestle Professional, Southern New Hampshire University and Frederick's Pastries. Tickets cost \$60 or \$480 for a table of 10 (\$25 each for students). Contact Samantha Connors at 566-0575 or samantha-connors@live.com for reservations.

Free: art and apps

Emily Ham is the March artist of the month at A&E Coffee Roastery (135 Route 101A, Carriage Depot Plaza, Amherst, 578-3338). Welcome her work at the artist reception on Friday, March 8, 6-7 p.m. Admission is free. Light appetizers, coffee and tea will be served.

Cheap: recital

The Musicians of Wall Street recital will be held at Concord Community Music School, 23 Wall St., Concord, on Friday, March 8, at 7:30 p.m. Hannah Murray sings soprano, and Gregg Pauley plays piano. Tickets \$15. Call 228-1196 or visit ccmusicschool.org.



Friday, March 8

Take a magic carpet ride to the Derry Opera House to see Disney's "Aladdin Jr." on Friday, March 8, at 7 p.m. and Saturday, March 9, at 1 p.m. and 7 p.m. at the Derry Opera House, 29 W. Broadway, Derry. Tickets \$10, available at kids-coop-theatre.org.



Thursday, March 7

Learn to love your in-laws at the Nashua Public Library (2 Court St., Nashua) at 7 p.m. Dr. Ruth Nemzoff will be at the library to discuss her book *Don't Roll Your Eyes: Making In-Laws Into Family*. Learn methods of handling friction between new family members. Copies of the book will be available for purchase and signing. Registration is not required. Call 589-4610 or visit nashualibrary.org.



Saturday, March 9

Learn how to zentangle at the League of NH Craftsmen Nashua Gallery (98 Main St., Nashua), 10 a.m.-noon. For adults and teens 12 and older, learn the basics of this contained doodling drawing style. Admission is \$20. Call 595-8233. Shown, art by Diane Ryan. Photo by Kelly Sennott.



Sunday, March 10

Plunge into icy waters for a good cause. The annual Winni Dip Fundraiser will be held at the Margate Resort (76 Lake St., Laconia), with check-in beginning at 9 a.m. Local officials and residents will jump in Lake Winnepesaukee after raising money to benefit the Special Olympics. Visit sonh.org.

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Battle of the sexes

Concord Light Opera performs *Princess Ida*

By Kelly Sennott
ksennott@hippopress.com

W.S. Gilbert and Arthur Sullivan's *Princess Ida* is basically a battle of the sexes, which is why, 130 years after it was first performed, it still leaves audiences laughing.

"It's still a very contemporary idea," said Eric Halter, who plays King Hildebrand in the Concord Light Opera's take on the play premiering this weekend.

Actors and singers of various levels of experience make up the show, about 14 of whom also sing with the Concord Chorale. They've been rehearsing weekly since November.

"It takes quite a bit of music learning. It's not one melody all along. At the same time, while singing four or five parts, you have to be moving along, doing things," said Linda Ashford, the show's director.

This is what differentiates an operetta by Gilbert and Sullivan.

"In a musical comedy or in an opera, the chorus doesn't do anything to distract the audience," Ashford said. "Everyone watches the soloist. But in Gilbert and Sullivan, there's constant movement and activity."

The storyline is ridiculous, which Ashford says is also very characteristic of Gilbert and Sullivan.

The comic operetta (a genre of light opera, which is also usually an indicator that it's in English) is about a princess named Ida, who wants nothing to do with

the opposite sex. She enjoys her independence, her education, and she feels that men take away from that. So she creates a woman's university.

There, women learn that men are "nature's sole mistake." Characters who live outside these university walls describe the women attending as those whose "hearts are dead to men."

Too bad for *Princess Ida*; she's already married. Not by choice, of course; when she was a year old, she was forced to marry a guy named Prince Hilarion. (He was 2.) They haven't seen each other since. However, Prince Hilarion says that he's still in love with *Princess Ida*.

He was apparently very upset when they were parted. He plays the "dumb hero," Halter said, and his lines are some of the most absurd. ("My thoughts, I kept them to myself ... as I had not learned to speak.")

In Act II, he tries to win her back by sneaking into the university with his friends, the courtiers Cyril and Florian. They decide that the best way to get inside the women-only walls is to dress as women.

"Gilbert and Sullivan plays are wicked funny, full of innuendos, entendres ... but you really have to pay attention to get them," said Erin Deady, who plays Lady Psyche.

They're often hard to catch, in part because of the older language. Exaggerated gestures are important, Halter said, as they help bring the audience up to speed and



Concord Light Opera Company after *Princess Ida* rehearsal. Courtesy photo.

also add to the fun.

"It's a ridiculous, hilarious show. Our job is to get that across," Halter said.

The show will be performed in the South Congregational Church, 27 Pleasant St., Concord, atop a newly constructed platform designed specifically for the show. (Church ceremonies were worked around this stage for the Concord Light Opera Company for the few weeks prior, Halter said.)

This is a new location for the Concord Light Opera Company; last year, its production *Patience* took place at the Unitarian Universalist Church. The aged building caused problems, lacking the 21st

Princess Ida

Where: South Congregational Church, 27 Pleasant St., Concord

When: Friday, March 8, at 8 p.m.; Saturday March 9, at 8 p.m.; Sunday, March 10, at 3 p.m.

Admission: \$20

century technologies that the show needed — namely, electricity.

"That church only had one unit of electricity for the entire building, and our lights required two separate units. We had to run cords down the hall," Ashford said.

22 Theater

Includes listings, shows, auditions, workshops and more.
To get listed, e-mail arts@hippopress.com.

THEATER LISTINGS

• **SEUSSICAL JR.** by the Nashua Junior Actorsingers on Fri., March 8, at 7 p.m.; Sat., March 9, at 2 p.m. and 7 p.m.; and Sun., March 10, at 2 p.m., at Janice B. Streeter Theater, 14 Court St., Nashua. Tickets \$8-\$12. Visit actorsingers.org, call 320-1870.

• **ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY** on Thurs., March 7, at 10 a.m., at Stockbridge Theatre, 5 Pinkerton St., Derry, stockbridgetheatre.com. Tickets \$8 (\$6 for students and seniors). Call 437-5210.

• **'TIL DEATH DO US PART: LATE NIGHT CATECHISM 3** on Fri., March 8, at 8 p.m. Tickets \$40-\$52. Call 225-1111, visit ccanh.com.

• **WALDEN** at Pontine West End Studio (959 Islington St., Portsmouth, pontine.org, 436-6660) on Fri., March 8, at 8 p.m.; Sat.,

March 9, at 4 & 8 p.m.; and Sun., March 10, at 2 p.m. Tickets \$24.

• **THOREAU'S WALDEN** on Fri., March 8, at 8 p.m.; Sat., March 9, at 4 p.m. and 8 p.m.; and Sun., March 10, at 2 p.m., at Pontine's West End Studio Theatre, 959 Islington St., Portsmouth, 436-6660. Tickets \$24; visit pontine.org.

• **DISNEY'S ALADDIN JR.** on Fri., March 8, at 7 p.m., and Sat., March 9, at 1 p.m. and 7 p.m., at the Derry Opera House, 29 W. Broadway, Derry. Tickets \$10, available at kids-coop-theatre.org.

• **GUESS HOW MUCH I LOVE YOU** at the Music Hall (28 Chestnut St., Portsmouth, 766-2192) on Tues., March 12, at 9:30 & 11:30 a.m., for kids K-3. Tickets \$6.

• **TROMA'S TEEN SCREAM CLASSIC: CLASS OF NUKE EM HIGH** on Wed., March 13, at 7:30 p.m., at Seacoast Repertory

23 Classical

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theatre, 125 Bow St., Portsmouth. Tickets \$7.50. Visit seacoastrep.org.

• **BALLET HISPANICO** at the Dana Center, 100 Saint Anselm Way, Manchester, on Fri., March 15, at 7:30 p.m. Tickets \$7-\$32.50. Call 641-7700.

• **NH CHOREOGRAPHER'S SHOWCASE** on Fri., March 15, at 7:30 p.m., at the Stockbridge Theatre, 5 Pinkerton St., Derry. Tickets \$20 at the door, \$15 in advance. Collaboration of 11 choreographers and 6 local dance companies. Visit snhdt.org.

• **BALLET HISPANICO** at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700, on Fri., March 15, at 7:30 p.m. Tickets \$32.50.

• **STONE SOUP** in Memorial Hall, St. Paul's School, Concord, on Fri., March 15, at 7 p.m., and Sat., March 16, at 1 p.m. Tickets \$5, available at the door. Bring

soup cans to be entered into a drawing. Visit jsconcord.org.

• **THE MAN WHO CAME TO DINNER** at the Leddy Center, 38 C. Ladd's Lane, Epping, 679-2781. Showtimes Fri., March 15, at 7:30 p.m.; Sat., March 16, at 7:30 p.m.; Sun., March 17, at 2 p.m.; Wed., March 20, at 2 p.m.; Fri., March 22, at 7:30 p.m.; Sat., March 23, at 7:30 p.m.; Sun., March 24, at 2 p.m. Tickets \$16-\$18. Visit leddycenter.org.

• **CINDERELLA** at Windham High School, 64 London Bridge Road, Windham, on Fri., March 15, at 7 p.m.; Sat., March 16, at 7 p.m.; and Sun., March 17, at 2 p.m. Tickets \$15. Visit ticketstage.com.

• **WEIRD ROMANCE** two one-act musicals of speculative fiction with music by Alan Menken, on Fri., March 15, at 8 p.m.; Sat., March 16, at 8 p.m.; Fri., March 22, at 8 p.m.; Sat., March 23, at 8

25 Art

Includes listings for gallery events, ongoing exhibits and classes.
To get listed, e-mail arts@hippopress.com.

p.m.; Sun., March 24, at 8 p.m., at Derry Opera House, 29 W. Broadway, Derry. Tickets \$18 in advance, \$20 at the door.

• **THE MUSICAL COMEDY MURDERS OF 1940** by John Bishop at the Amato Center for the Performing Arts, 56 Mont Vernon St., Route 13N, Milford, on Fri., March 15, at 8 p.m.; Sat., March 16, at 8 p.m.; Sun., March 17, at 2 p.m.; Fri., March 22, at 8 p.m.; Sat., March 23, at 8 p.m.; and Sun., March 24, at 2 p.m. Tickets \$12. Visit MilfordAreaPlayers.org.

• **CAMP ROCK: THE MUSICAL** at Amherst Middle School (14 Cross Road, Amherst) on Fri., March 14, at 7 p.m.; Sat., March 15, at 7 p.m.; and Sun., March 16, at 2 p.m. Tickets are \$5.

• **FROST HEAVES: FRED MARPLE** will star in a number of entertainment events March 14-17. He'll stop by the Village

Players Theatre (51 Glendon St., Wolfeboro, tickets \$15) for a comedy show on Fri., March 15, at 7:30 p.m.; on Sun., March 17, 7:30 a.m.-1 p.m., breakfast at Strawberry Patch on N. Main St., Peterborough, with proceeds to The Village Players. Visit glamourmudseason.org.

• **DUCK HUNTER SHOOTS ANGELS** with Bedford Off Broadway, at Old Bedford Town Hall, 3 Meetinghouse Road, Bedford, on Fri., March 15, at 8 p.m.; Sat., March 16, at 8 p.m.; Fri., March 22, at 8 p.m.; and Sat., March 23, at 8 p.m. Tickets \$10-\$12. Visit bedfordoffbroadway.com.

• **A BODY OF WATER** at West End Studio Theatre, 959 Islington St., Portsmouth, on Fri., March 15, at 8 p.m.; Sat., March 16, at 8 p.m.; Sun., March 17, at 2 p.m.; Fri., March 22, at 8 p.m.; Sat., March 23, at 8 p.m.; Sun.,



Seussical Jr. is coming to Nashua. Courtesy photo.

• **Seussical Jr.:** Read Across America Day and Dr. Seuss’s birthday has passed, but you can still celebrate the fella’s 109th birthday through youth theater. A cast of 30 children in grades 3 through 8 brings the stories of Dr. Seuss to life in *Seussical Jr.*, a whimsical musical based on the beloved classic characters by Dr. Seuss, like Horton the Elephant, the Whos of Whoville, the Cat in the Hat, Gertrude McFuzz and the scariest, hairiest, greenest man in children’s literature, The Grinch. Shows are this weekend at the Janice B. Streeter Theater, 14 Court St., Nashua. Showtimes are Friday, March 8, at 7 p.m.; Friday, March 9, at 2 p.m. and 7 p.m.; and Sunday, March 10, at 2 p.m. Tickets are \$8 to \$12. Order by visiting actorsingers.org or calling 320-1870. Courtesy photo.

March 24, at 2 p.m. Tickets \$24. Reservations recommended. Call 431-6644, ext. 5 or email reservations@nhtheatreproject.org.

• **JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT** at the Palace Theatre, 80 Hanover St., Manchester, on Fri., March 22, at 7:30 p.m.; Sat., March 23, at 7:30 p.m.; Sun., March 24, at 2 p.m.; Fri., March 29, at 7:30 p.m.; Sat., March 30, at 2 p.m. and 7:30 p.m.; Thurs., April 4, at 7:30 p.m.; Fri., April 5, at 7:30 p.m.; Sat., April 6, at 2 p.m. and 7:30 p.m. Tickets \$15-\$45. Visit palacetheatre.org, call 668-5588.

• **ONCE UPON A MATTRESS** by the Pinkerton Players at the Stockbridge Theatre, 5 Pinkerton St., Derry, on Thurs., March 21, at 7 p.m.; Fri., March 22, at 7 p.m.; Sat., March 23, at 7 p.m.; and Sun., March 24, at 2 p.m. Tickets \$11. Visit stockbridgetheatre.com/events2.html.

• **PIED PIPER: THE MUSICAL** presented by The Majestic Theatre at the Samuel & May Gruber Recital Hall, at the Manchester Community Music School, 2291 Elm St., Manchester, on Fri., March 22, at 7 p.m.; Sat., March 23, at 7 p.m.; and Sun., March 24, at 2 p.m. Tickets \$12-\$15. Visit majestictheatre.net. Call 669-7469.

• **THE WEDDING SINGER** at Hollis Brookline High School, 24 Cavalier Court, Hollis, on

• **Calling all tenors:** The New Hampshire-based contemporary a cappella group Tuckermans at 9 is searching for a tenor. A baritone, a bass, two tenors, two altos and a soprano currently make up the group, according to a press release. The group rehearses weekly in the Seacoast area and perform pop, rock, blues and light jazz about once per month all year long in New Hampshire, Maine and Massachusetts. “Ideally, we’re looking for a ‘rock n’ roll’ tenor who can also blend when not soloing. ... But even if you’re not sure you can rock or roll, we encourage you to inquire. You might be surprised what you can do,” wrote Mark Miller, founder and baritone of the group, in a press release. Candidates must be able to read music, work on and memorize songs between rehearsals, help with equipment load-in/load-out and accept solo work. Visit Tuckermansat9.com. Singers should email mark@tuckermansat9.com.

• **Free! Free! Free!:** The Majestic Academy of Dramatic Arts is offering a free theater workshop for youth and teens ages 8 to 19 on Saturday, March 9, at the Majestic’s Rehearsal Studio, 922 Elm St., Manchester. The day-long workshop featuring theater games has limited space; you must email karen@majestictheatre.net or call 669-7469 to reserve a spot. Visit majestictheatre.net for more information. — *Kelly Sennott*

Fri., March 22, at 7:30 p.m.; Sat., March 23, at 2 p.m.; Fri., March 29, at 7:30 p.m.; and Sat., March 30, at 7:30 p.m. Tickets \$10. Call 465-3328 or visit nbhs theatre.ticketleap.com/wedding-singer/.

• **BYE BYE BIRDIE** at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700, on Fri., March 22, at 7:30 p.m.; Sat., March 23, at 7:30 p.m.; Fri., April 5, at 7:30 p.m.; and Sat., April 6, at 7:30 p.m. Tickets \$14.

• **DANCE COMPANY CONCERT** at Paul Creative Arts Center, 30 Academic Way, Durham, 862-7222, unh.edu, on Tues., March 26, at 7 p.m.; Wed., March 27, at 7 p.m.; Thurs., March 28, at 7 p.m.; Fri., March 29, at 10 a.m. and 7 p.m.; Sat., March 30, at 2 p.m. Tickets \$16.

• **ROMEO AND JULIET** at Rochester Opera House 31 Wakefield St., Rochester, on Fri., March 29, at 7 p.m.; Sat., March 30, at 2 p.m. and 7 p.m.

• **THE VELVETEEN RABBIT** on Tues., April 2, at the Music Hall (28 Chestnut St., Portsmouth, 766-2192), at 9:30 & 11:30 a.m. For kids pre-K to grade 4. Tickets \$6.

• **BILOXI BLUES** on Tues., April 9, at 7 p.m., at Paul Creative Arts Center’s Johnson Theatre (30 Academic Way, Durham). Tickets \$30. Visit unharts.com or call 862-7222.

• **THE CIVIL WAR** on Tues., April 9, at the Music Hall (28

Chestnut St., Portsmouth, 766-2192), 9:30 a.m. and 11:30 a.m. For grades 3-8. Tickets \$6.

• **TOMAS KUBINEK** performs at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700, on Fri., April 12, at 7:30 p.m. Verbal acrobatics, physical poetry and sheer silliness. Tickets \$32.50.

• **THE TRUE STORY OF THE THREE LITTLE PIGS** on Fri., April 19, at 9:30 & 11:30 a.m., at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700.

• **SOUTHERN FRIED MURDER: A DINNER THEATRE** at The Chateau, Manchester, on Fri., April 19, at 7 p.m. (\$35); Sat., April 20, at 7 p.m. (\$35); and Sun., April 21, at 1:30 p.m. (\$32). Advance reservation required. Visit majestictheatre.net.

CLASSICAL LISTINGS
Concerts

• **SIDE STREET SRUTTERS** perform on Thurs., March 7, at 8 p.m., at Elm St. Middle School, 117 Elm St., Nashua. Call 318-1792 for ticket information.

• **WHERE’S THE MELODY? A JAZZ LISTENER’S GUIDE** to the mandolin on Thurs., March 7, 12:10-12:50 p.m., at Concord Community Music School, 23 Wall St., Concord, p.m. Presentation by Matt Langly. Call 228-1196. Free.

• **DERVISH BENEFIT CONCERT** Ireland band stops in Derry on Thurs., March 7, at 7:30



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ARTS

Romance in March

Orchestra performs biggest concert of the year



The Granite State Symphony Orchestra. Courtesy photo.

By Kelly Sennott
ksennott@hippopress.com

When Maestro Robert Babb conducts concerts like the Granite State Symphony Orchestra's "Romantic in March," every piece of music has to be his favorite.

"I live my life for that time on stage during the concert, for the moments of the phrases that the orchestra is making. Time really stands still for me, and if I'm not 100 percent into every moment I'm conducting up there, then the orchestra won't be in every moment, and most importantly, the audience won't be in every moment," he said.

Lead by Babb, more than 50 professional musicians from the Granite State Symphony Orchestra will take the stage at the Concord Auditorium next weekend. Babb said it is the orchestra's biggest concert of the year, and what Babb believes will be the highlight of its 19th season.

"Romantic in March" is comprised of music from the Romantic period (1800-1915), showcasing works by Weber ("Der Freischütz Overture," 1821), Tchaikovsky (Symphony No. 6, "Pathétique," 1893), and Sibelius (Concerto for Violin in D minor, Op. 47, c. 1903), the last of which will be played by 18-year-old Hooksett native Laurel Gagnon.

Babb says there is something particularly beautifully sad in Tchaikovsky's sixth symphony.

"In the last movement, instead of ending bombastically, with people charging to their feet, in Tchaikovsky's sixth symphony, I truly believe he was writing his own epitaph. He died nine days after he conducted the performance," Babb said.

He jokes that his orchestra is a dictatorship, and his role the dictator, and so it's his job to get the musicians play emotionally, for audiences to see this very sad, quiet ending.

Audiences will understand what he's talking about, even if they're not familiar with classical music, because audience interaction characterizes his work, too. They'll get the backstory, the information they need to really appreciate and understand the music.

"You have to set up each piece that the orchestra is playing. ... I try and tell them things that will better help them connect with the emotional side of the music," he said.

He does this because he says that many people don't read the program books.

"If there's something in the notes to connect them to what we're doing on stage, they would miss out. They would just be at a concert to be entertained," he said.

Eighteen-year-old Laurel Gagnon will play Sibelius Violin Concerto. She performed the first movement with the Portsmouth Symphony Orchestra last spring, but this is her first time performing the entire piece. If you're a GSSO regular, you may recognize the name; she played the Tchaikovsky Violin Concerto as a 2011 soloist in a performance that moved the audience to its feet.

"I love the story behind the piece. Sibelius wrote his concerto as a musical painting of the transition from the hopelessness of winter to the joy of spring," she wrote in an email.

The Hooksett native was playing for schools next year at the time of this interview; she's applied to a number of schools,

"Romantic in March"

Where: Concord City Auditorium, 2 Prince St., Concord

When: Saturday, March 16, at 8 p.m.

Admission: \$15 to \$35. Call 226-4776 or visit gssso.org.

which she hopes will help her get into graduate school or land a job with a professional orchestra. Gagnon, who began playing when she was three, often substitutes for players in the GSSO violin section.

"Bob Babb is a very entertaining conductor, so the concerts are always more than the music. He gets the audiences involved," she wrote.

The orchestra is gearing up for its 20th anniversary season, which Babb thinks is looking to be as monumental as the first. He's following a suggestion put out by a loyal fan to celebrate 20 years by performing the first concert again come fall.

Babb originally started the orchestra 20 years ago because so many of the state's talented musicians were turning to Boston to play. Many don't realize that Granite State Symphony is a fully professional orchestra.

"We have a really dedicated group of musicians who enjoy playing for the Granite State Symphony, and it's a real special audience in Concord," he said.

"There's something about going to a concert of live music. The great thing about live performances is that you never know what's going to happen. It's not like putting on a CD. ... When you go to a live performance, it could be one of three things: it could be lousy, it could be mediocre, or it could be really great," Babb said.

p.m., at the Stockbridge Theatre, 5 Pinkerton St., Derry. Admission \$39. Visit heptunesconcerts.com.

• **MUSICIANS OF WALL STREET RECITAL** at Concord Community

Music School, 23 Wall St., Concord, on Fri., March 8, at 7:30 p.m. Hannah Murray, soprano, and Gregg Pauley, piano. Tickets \$15. Call 228-1196 or visit ccmusicsschool.org.

• **PETER YARROW** performs on Friday, March 8, at 7:30 p.m., at the Palace Theatre, 80 Hanover St., Manchester. Tickets \$24.50-\$44.50.

• **LA BELLE ÉPOQUE: MUSIC OF**

THE FRENCH MASTERS concert on Fri., March 8, at 7:30 p.m., in the Concord Community Music School recital hall, 23 Wall St., Concord. Recital by Hannah Murray, soprano,

EVERYTHING IRISH



Valentine's Day is over, and now it's time to talk about the next sort-of holiday: St. Patrick's Day. It arrives a little early in Franklin this year, when Jim Barnes, Balladeer and the None of Us Is Irish Irish Band visit the Franklin Opera House (316 Central St., Franklin, 934-1901) on Saturday, March 9, at 7:30 p.m. Featured along with Jim Barnes are Ellen Carlson, Fred Clifford, Steve Moore and Dick Bennett, who will play bass guitar, guitar, bagpipes, tin whistle and mandolin. The evening rounds out with a pair of Irish step dancers. Tickets are \$15. Visit franklinoperahouse.org, call 934-1901. Courtesy photo.

and Gregg Pauley, piano. Tickets \$15. Call 228-1196 or visit ccmusicschool.org.

• **TALES FROM THE FORTOTTEN KINGDOM** concert by Guy Mendilow Ensemble on Sat., March 9, at 8 p.m., at Temple Beth Abraham, 4 Raymond St., Nashua. Tickets \$25. Visit bostonjewishmusicfestival.org or call 1-800-838-3006.

• **STUDENT PIANO RECITAL** Concord Community Music School, 23 Wall St., Concord, on Sat., March 9, 1-5 p.m. Free.

• **NONE OF US IS IRISH BAND AND JIM BARNES, BALLADEER** at Franklin Opera House, 316 Central St., Franklin, on Sat., March 9, at 7:30 p.m. Call 934-1901. Tickets \$15.

• **TRIBUTE TO DUKE ELLINGTON** by the Capitol Center Jazz Orchestra, as part of the "Moment in Time" series on Sun., March 10, at 4 p.m., at the Capitol Center for the Arts, 44 S. Main St., Concord. Tickets \$20-\$45. Under Clayton J. Poole, featuring Metta Quintet. Call 225-1111, visit ccanh.com.

• **AN AFTERNOON OF SONGS AND ARIAS** on Sun., March 10, at 3 p.m., at Stevens Memorial Hall (One Chester St., Chester). Featuring Janice Edwards, Jenny Rainville, Charles Lindsey, Elizabeth Blood. Free-will donations accepted.

• **ROGER L'HEUREAUZ** plays the accordion at the Nashua Public Library (2 Court St., Nashua) on Mon., March 11, at 4 p.m. Call 617-953-3990.

• **CELTIC CROSSROADS** at Dana Center, 100 Saint Anselm Drive, Manchester, 614-7470, on Thurs., March 14, at 7:30 p.m. Tickets \$32.50, \$12.50 for students.

• **BRASIL GUITAR DUO CONCERT** with Joao Luiz and Douglas Lora at Smith Recital Hall at the Silver Center for the Arts, 17 High St., MSC, 36, Plymouth, 779-3869, on Thurs., March 14, at 7 p.m. Tickets \$30.

• **BACH'S LUNCH CONCERT** on Thurs., March 14, 12:10-12:50 p.m., at Concord Community Music School, 23 Wall St., Concord. Matt Langley on saxophone, David Tonkin on guitar, Don Williams on bass and Tim Gilmore on drums. Call 228-1196 or visit ccmusicschool.org. Free.

• **PRIMA TRIO** perform on Fri., March 15, at 8 p.m., at Nashua's Elm St. Middle School, 117 Elm St., Nashua. Call 318-1792 for ticket information.

• **ACOUSTIC CAFE** features Blue Fox at Wadleigh Memorial Library (49 Nashua St., Milford 673-2408) on Sat., March 16, at 7:30 p.m. Free admission.

• **GRANITE STATE SYMPHONY ORCHESTRA** concert on Sat., March 16, at 8 p.m., at the Concord City Auditorium (12 Prince St., Concord). Tickets \$15-\$35, available by calling 226-4776 or visiting gsso.org.

• **WOUNDED WARRIOR BENEFIT CONCERT** on Sat., March 16, 7-10 p.m., at Hampshire Hills Sports and Fitness Club, 50 Emerson Road, Milford. Tickets \$10 donation per person at the door. Cash bar, refreshments, raffle. Visit woundedwarriorproject.org.

• **MERRIMACK MUSIC SERIES** on Sun., March 3, 3-5 p.m.; Sun., March 10, 3-5 p.m.; Sun., March 17, 3-5 p.m.; and Sun., March 24, 3-5 p.m., at the Concord City Auditorium, 2 Prince St., Concord. Salon setting for musical performances. Free. Call 224-1421.

• **SINOPIA** concert at Southern New Hampshire University (2500 N. River Road, Manchester, 629-4622, snhu.edu/art) on Thurs., March 21, at 6 p.m. in Walker Auditorium. Free.

• **CONCORD MUSIC SCHOOL ANNIVERSARY WEEKEND CONCERT** on Fri., March 22, at 7:30 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196, ccmusicschool.org. Admission \$15 adults, \$12 students and seniors. Visit ccmusicschool.org.

• **TERPSICHOE: MUSIC IN MOTION** through Petit Papillon Ballet Theater on Sat., March 23, at 2 p.m. and 7 p.m., at Concord City Auditorium, 2 Prince St., Concord. Music and dance, lead by New Hampshire composer Ward Dilmore. Tickets \$12, available at Gibson's Bookstore, 27 S. Main St., Concord, or at the studios, 39 Green St., Concord. Call 746-2990, email dansepap@mttelecom.com, visit petitpapillon.org.

• **PERFORMATHON AND CONCORD MUSIC SCHOOL COMMUNITY OPEN HOUSE** on Sat., March 23, 9:30 a.m.-5 p.m., at Concord Community Music School, 23 Wall St., Concord, 228-1196. Free.

• **ANTHONY KEARNS** will perform at the Bob Baines' 13th annual Blarney Breakfast on Wed., March 13, at 7 a.m., at the Radisson Hotel in Manchester. Music, live auction and food to benefit Special Olympics New Hampshire, the American Red Cross and the Shirley Brulotte Fund. Call 624-1250 or visit blarneybreakfast.com for ticket or sponsorship information.

• **CELTIC HERITAGE MONTH CONCERT** at the Nashua Public Library, 2 Court St., Nashua, on Sun., March 24, at 2 p.m., with Shanachie and the New England Irish Harp Orchestra. Free concert. 589-4610.

ART LISTINGS

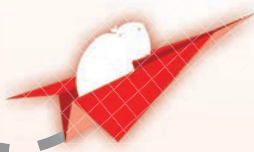
Art events

• **CONSERVING A 600-YEAR-OLD ALTARPIECE** at the Currier Museum of Art, 150 Ash St., Manchester, on Thurs., March 7, 5:30-7:30 p.m.

• **GORDON FISHER SEN-SEI** demonstrates a selection of samurai weapon exercises at the Currier Museum of Art, 150 Ash St., Manchester, 669-6144, on Sat., March 9, at 2 p.m. Free with admission; \$5 exhibition charge for adults to view "Lethal Beauty."

• **MASSACHUSETTS ARTISTS OF 2013** showcase of contemporary art at the Brush Gallery and Artists' Studios, 256 Market St., Lowell, 978-459-7819, March 9 through April 13. Artists' reception on Sat., March 16, 2-4 p.m. Best in Show announced at reception.

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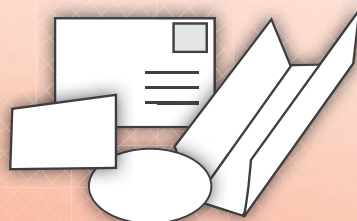
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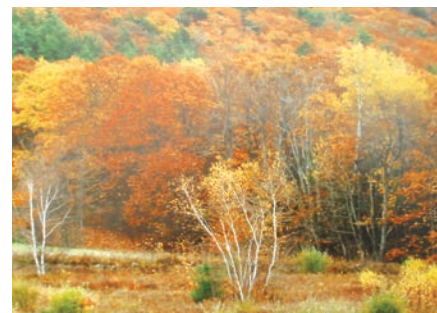
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ART LOCAL COLOR



"Autumn," part of the Wine Studio's exhibit. Courtesy photo.

• **Ninety-five-year-old's photography exhibit:** Aurel Stuart is showing his photography for the third time at the Wine Studio, 53 Hooksett Road, Manchester, 622-9463. It will be on view throughout March. His show is called "Through These Young Eyes." Stuart is a retired lieutenant and had a studio on Elm St. in the 1950s and '60s, according to a press release. There will be a wine tasting and reception on Thursday, March 7, from 6 to 8 p.m.

• **Auschwitz exhibit:** Images taken at the infamous Nazi concentration and extermination camp opened at the New Hampshire State Library's historic Map Gallery (20 Park St., Concord) on March 4. The exhibit, "Konzentrationslager Auschwitz," is on loan from the Auschwitz Birkenau State Museum in Poland. Thirty-one posters illustrate the atrocities that took place at Auschwitz. "The horrors of the Nazi concentration camps, and of Auschwitz in particular, continue to provide lessons today. ... Learning about these atrocities and how they came to be is one way to keep

them from occurring again," said Michael York, state librarian, in a press release. There's no charge to visit the exhibit, which runs March 4 through March 22. C. Paul Vincent, Ph.D., chair of the Holocaust and Genocide Studies at Keene State College, will present a lecture, "The Evolution of Auschwitz," at the State Library on Friday, March 8, at 4 p.m. Visit nh.gov.nhsl.

• **Goodbye to Salon de Concord:** Kimball Jenkins launched "Salon de Concord" last June, a community gallery where people could show two or three pieces on a rotating basis. Previously in this space, Kimball Jenkins hosted mostly international and national artists. However, the estate could not generate enough foot traffic to make the community gallery viable, according to a press release. The Jill C. Wilson will once again show work from national and international artists. "Abstractions" by artists Barbara Filleul, Charlie Goodwin and Tae Nelson will hang in the gallery March 1 through March 29, with an artist's reception on Thursday, March 7, 5-7 p.m.

• **Samurai in action!:** Gordon Fisher Sensei, senior instructor of laido with more than 40 years of experience in martial arts, will demonstrate a selection of samurai weapon exercises and wear armor worn after the early samurai, on Saturday, March 9, at 2 p.m., at the Currier Museum of Art, 150 Ash St., Manchester, 669-6144, ext. 108. This event is free with museum admission. There is a \$5 special exhibition charge for adults to view "Lethal Beauty."

— Kelly Sennott



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• **IMPERIAL FABERGE EGGS** presented by Marina Forbes on Thurs., March 21, at 7 p.m., at Rye Public Library, 581 Washington St., Rye, 964-8401. Free.

• **INFORMAL OPEN HOUSE FOR NEW MFA DEGREE** scheduled at Sharon Arts Center Gallery, 30 Grove St., Peterborough, on Tues., March 19, 6-8 p.m. Visit nhia.edu, sharonarts.org, or call 924-7256.

• **IMPERIAL FABERGE EGGS** presented by Marina Forbes on Thurs., March 21, at 7 p.m., at the Rye Public Library, 581 Washington Road, Rye, 964-8401. Interactive presentation. Free.

• **OPEN DOORS TROLLEY NIGHT** throughout Manchester on Thurs., April 15, 5-8 p.m. (Crazy Hats Night), and Thurs., Aug. 1, 5-8 p.m. (Tiki Trolley Night). Two trolleys stop at each venue every 30 minutes. Visit opendoorsmanchester.com or call 669-7469.

• **ART 'ROUND TOWN** is held the first Friday of the month (year round) from 5 to 8 p.m. in downtown Portsmouth. Visit artroundtown.org.

• **FIRST THURSDAYS** The Currier Museum of Art is open late, 5:30-7:30 p.m., first Thursday of each month with special programs including live music, lectures and film, at 150 Ash St., Manchester, 669-6144, ext. 108, currier.org.

• **ZIMMERMAN HOUSE** open for public tours, leaving from the Currier Museum of Art (150 Ash St., Manchester, 669-6144, currier.org). Offered twice daily. Reservations required. Cost is \$8-\$20, includes same-day museum admission.

Exhibit openings

• **"ABSTRACTIONS"** artwork by Barbara Filleul, Charlie Goodwin and Tae Nelson on display at Kimball Jenkins, 266 N. Main St., Concord, through March 29. Artist reception on Thurs., March 7, 5-7 p.m.

• **EMILY HAM** March artist of the month at A&E Coffee Roastery (135 Route 101A, Carriage Depot Plaza, Amherst, 578-3338). March artist reception on Fri., March 8, 6-7 p.m. Admission free. Light appetizers, coffee and tea served.

• **"MOSAIC — EXPLORING**

OUR MULTICULTURAL NEIGHBORHOOD" exhibit at the Children's Museum of New Hampshire (6 Washington St., Dover, 742-2002) on display March 8 through May 27. Multicultural Block Party at the museum on Wed., April 17, 2:30-4:30 p.m. Visit childrens-museum.org.

• **TRIBUTE TO CARLO RIPALDI** at Rodgers Memorial Library, 194 Derry Road, Hudson, through March. Opening reception on Sat., March 9, 9 a.m.-noon. Reception has a Hawaiian shirts theme.

• **INDIAN HEAD PLAZA EXHIBIT** at 30 Temple St., Nashua, Wed., March 6, through Fri., March 22. Opening reception on Fri., March 8, 4:30-6:30 p.m.

• **ELIZABETH MORSE WALSH** shows work at the Whistler House Museum of Art (243 Worthen St., Lowell, 978-452-7641) March 13 through April 20. Reception on Sat., March 16, 2-4 p.m.

• **TOSHIHIDE TAKEKOSHI** shows "Photography Through a Painter's Eye" at Massabesic Audubon Center, Auburn, March 5 through April 4. Opening recep-

BALLET HISPANICO



Ballet Hispanico travels from Manhattan to the Dana Center for the Arts (100 Saint Anselm Drive, Manchester) on St. Patrick's Day weekend to bring a modern take on ballet, combining classic traditional forms with passionate music and flare of Latin dance. Ballet Hispanico has performed for over two million people in the

United States, South America and Europe. The show is on Friday, March 15, at 7:30 p.m. Tickets are \$7-\$32.50, available at anselm.edu, by calling 641-7700, or by emailing dana@anselm.edu. Courtesy photo.

tion on Sat., March 23, 2-4 p.m.

• **JANE KAUFMANN** is the March artist of the month at Exeter Fine Crafts (61 Water St., Exeter, 778-8282). Her work is on view through the month. Reception on Fri., March 29, 6-8 p.m., at Exeter Fine Crafts.

• **"SIGNS OF SPRING"** with Seacoast Artist Association artists on view through March at the Gallery, 225 Water St., Exeter, seacoastartist.org. Opening reception on Sat., March 9, 2-4 p.m. Call 778-8856.

• **ARTS ALIVE** exhibit at the historic Belknap Mill, 25 Beacon St. East, Laconia, March 11 through March 30. Free. Original artwork from school children in Lakes Region.

• **DUANE HAMMOND** visits Milford Toadstool Bookshop, 614 Nashua St., Milford, 673-1734, for an art show and signing in support of his collection of paintings, on Sat., March 16, 1-3 p.m.

• **ABIGAIL ANNE NEWBOLD: CRAFTING SETTLEMENT** on display at the Currier Museum of Art, 150 Ash St., Manchester, March 30 through July 14. Museum admission \$10 adults, \$9 seniors, \$8 students, free for children. Visit currier.org, call 669-6144, ext. 108.

• **"BLOOM"** show of ceramic art for flowers at Studio 550, 550arts.com, 550 Elm St., Manchester, 232-5597. Opening reception on Thurs., April 25, 5-8 p.m. On view April 13 through May 31.

• **"PETALS TO PAINT"** runs April 25-April 27 at East Colony Fine Art, 55 S. Commercial St., Manchester, 621-7400, eastcolony.com. Open reception on Thurs., April 25, 5-8 p.m.

• **SNHU GRAPHIC DESIGN STUDENT EXHIBIT** at Southern New Hampshire University McNinch Art Gallery (2500 N. River Road, Manchester, 629-

4622, snhu.edu/art) April 11 through May 4. Opening reception Thurs., April 11, 3:30-5:30 p.m. Free.

• **"BLOOM: A CELEBRATION OF SPRING"** at Studio 550, 550 Elm St., Manchester, 550arts.com, 232-5597, April 13 through May 31. Exhibition of vessels for flowers: vases, bud jars, pitchers, jars ikebana, containers.

• **"HUMAN/NATURE"** at Studio 550, 550 Elm St., Manchester, 550arts.com, 232-5597, June 15-July 31. Works of all media that addresses environmental issues and the broken aspects of society's relationship to the natural world.

In the galleries

• **"DINOTOPIA: THE FANTASTICAL ART OF JAMES GURNEY"** on display at the New Hampshire Institute of Art Amherst Street Gallery (77 Amherst St., Manchester) through March 13.

• **THOMAS DRISCOLL** shows "A Sense of Place" at McGowan Fine Art (10 Hills Ave., Concord) through March 15. Call 225-2515, visit mcgowanfineart.com.

• **HEIDI BERNIER** shows "Dreams and Delusions" at E.W. Poore Gallery, 775 Canal St., Manchester, 622-3802, through March 16.

• **SUSAN SCHWAKE** shows "Mid Winter Thaw" mixed-media art exhibit at Epsom Public Library (1606 Dover Road, Epsom, 736-9920) through March 16. Visit epsomlibrary.com.

• **ROBERT BAUR** presents his exhibit, "The Quality of Introspection: Portraits and Landscapes" at Saint Anselm College's Chapel Art Center (100 Saint Anselm Drive, Manchester, anselm.edu/Institutes-Centers-and-the-Arts/Chapel-Art-Center.htm) through March 16.

• **POLLY PATTISON** art on display in the Daniels Room at Hancock Town Library (25 Main St., Hancock) through March 21. Call 525-4411 before attending exhibit.

• **DORINE GROSS AND WENDY TURNER** are exhibiting their work at the Gateway Gallery, Great Bay Community College, through March 22. Visit greatbay.edu/art_gallery or email acohen@ccsnh.edu.

• **"EARTH"** features works by Bob Roy and Dee Lessard to be featured at East Colony Fine Art, 55 S. Commercial St., Manchester, 621-7400, eastcolony.com, through March 23.

• **CALIFORNIA IMPRESSIONISM, PAINTINGS FROM THE IRVINE MUSEUM** at the Scudder Gallery at the UNH Museum of Art (Paul Creative Arts Center, 30 Academic Way, Durham, 862-3712, museum.of.art@unh.edu) through March 28.

• **SACRED LANDSCAPES OF PERU: THE PHOTOGRAPHS OF CARL AUSTIN HYATT** at the Carter Gallery at UNH Museum of Art (Paul Creative Arts Center, 30 Academic Way, Durham, 862-3712, museum.of.art@unh.edu) through March 28.

• **WOMEN'S CAUCUS FOR ART EXHIBITION** at Artstream Studios, LLC, 56 N. Main St., Rochester. On view through March 29.

• **DAVID STUMP** "Terra Lucida" exhibition at Southern NH University, 2500 N. River Road, Manchester, on view in the Pantano Gallery through March 31. Call 645-9605 or email jacquelynray@gmail.com.

• **JENNIFER VIGNEAU** shows her artwork at City Hall (229 Main St., Nashua) as the Nashua Area Artist of the month for March.

• **"PURE FLIGHT"** on display at Soo Rye Art Gallery (11 Sagamore Road, Rye, 319-1578) through March.

• **"MADE FOR EACHOTHER"** handmade functional art (pottery, jewelry, fabric arts) on display at Studio 550, 550arts.com, 550 Elm St., Manchester, 232-5597, through April 5.

• **CHILDHOOD OBSERVED** exhibit at Southern New Hampshire University McNinch Art Gallery (2500 N. River Road, Manchester, 629-4622, snhu.edu/art) through April 6.

• **THREE WOMEN: A CONTEMPORARY APPROACH TO FURNITURE MAKING** at the Furniture Masters exhibition gallery, 49 S. Main St., Concord. Work by Vivian Beer, Lynn Szymanski and Leah Woods, on view through April 9. Visit furnituremasters.com, call 566-6368.

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Taste of the Towns returns; Nashua is in the midst of Restaurant Week; Weekly chef spotlight; Weekly Dish; Red, White & Green (good bottles for less than \$20); Perishables; From the Pantry; Just Desserts and more.

Get Listed

From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to listings@hippopress.com at least three weeks before the event.

INSIDE/OUTSIDE Beneath the bubble

NH's best vie for table hockey title

By Cory Francer
cfrancer@hippopress.com

For Kenny Dubois, the path to redemption is lined with small plastic men, sliding and swiveling their way to bubble hockey glory.

Dubois is a master of the game, commonly found in arcades and bars, a table-top hockey game similar to foosball. He's ranked No. 2 worldwide, according to www.chexxfan.com, but his crisp passing and wicked slap shots were not enough to take home the crown in last year's Labatt Blue AHL Bubble Hockey Tournament of Champions.

The tournament is currently in its qualifying event stages, seeking out the best players in 10 of the league's cities. Through Friday, March 15, players can enter the tournament in bars and restaurants throughout Manchester for a chance to play at the team championship during an intermission in the Saturday, March 23, Manchester Monarchs game at the Verizon Wireless Arena. The prize for winning the team championship is a trip to Albany to vie for the Tournament of Champions title against the best of the best during an Albany Devils game.

On Feb. 28, the Manchester regional circuit wheeled its way into Grand Slam Grill and Bar. Dubois was there, ready for the first step on the road toward Albany. He's played the game for decades and has traveled to

2013 Labatt Blue AHL Bubble Hockey Tournament of Champions

When and where: Qualifying events will be held Thursday, March 7, from 7 to 9 p.m., at Billy's Sports Bar and Grill (34 Tarrytown Road, Manchester), Thursday, March 14, from 9 to 11 p.m., at McGarvey's (1097 Elm St., Manchester) and Friday, March 15, from 8 to 10 p.m., at Luigi's Pizza (712 Valley St., Manchester). The team finals will be held during an intermission at the Manchester Monarchs game on Saturday, March 23, at 7 p.m.
Cost: Sign-up is free.
Contact: Visit theahl.com.

Europe for tournaments. To reach the elite level, Dubois said, bubble hockey requires dedication.

"You get out what you put in," Dubois said. "You need an obsession and a passion in your approach."

The tournament began at this year's New England Pond Hockey Classic in Meredith on Feb. 1 and has since worked its way through Concord and Nashua. Pete Tarrier has hosted and served as referee during these preliminary matches and said he has been impressed by the high level of talent.

To the untrained eye, the game can appear to unfold at random, but the best players have a system and usually a bubble hockey game in their homes, Tarrier said.



Kenny Dubois takes the controls during the bubble hockey tournament at Grand Slam Grill and Bar. Cory Francer photo.

"Luck can play a role, but you need to practice," he said. "The people who are good play their own games."

This year's tournament features three one-minute periods, but to win in regulation, a player must win by two goals. However, if a game does go into overtime, a sudden-death period will determine the victor.

Amherst's Matt Courchesne made it to the semifinals of the team finals at the Verizon Wireless Arena last year. He said he's hoping to improve on that performance and has been practicing nearly nonstop since he was knocked out.

Courchesne said he and a buddy bought a game of their own after he was eliminated. An ability to rack up goals is important, he said, but a strong player needs to be able to defend just as well.

"There are five or six signature moves that you need to be able to defend," Courchesne said. "People will be able to make passes, and you don't want to have it go boom, boom, goal."

But that's how it went for the hopefuls who made their way to Grand Slam. Dubois eased his way into the finals, digging pucks out of the corner, going tape to tape on centering passes, and scoring from nearly impossible angles.

He rolled to a 6-1 win in the finals to earn a trip back to the Verizon Wireless Arena.

There are still opportunities left to win a qualifying event and a ticket to try to topple Dubois at the team finals, with upcoming games scheduled in Manchester at Billy's Sports Bar & Grill, McGarvey's and Luigi's Pizza. 🍷

CHILDREN & TEENS Events

- **SAFE SITTER** at the New Heights Community Center (22 Canterbury St., Concord) Thurs., March 7, Tues., March 12, and Thurs., March 14, 5-6:30 p.m. For ages 11 to 14. Learn the qualities of a good babysitter. Call 225-8690 or visit onconcord.com/recreation.
- **MAD SCIENCE** at Wadleigh Memorial Library (49 Nashua St., Milford) Fri., March 8, 3:30-4:30 p.m. For kids in grades 2 through 5, build bridges from file cards and test how much weight it can hold. Call 673-2408 or visit wadleighlibrary.org.
- **OUT AND ABOUT FOR PRE-SCHOOLERS: NATURE'S SHAPES, SIZES, COLORS AND ME** at The Fells Historic Estate & Gardens (456 Route 103A, Newbury) Sat., March 9,

11 a.m.-noon. Match body parts with parts of nature. Admission is \$5 and registration is requested. Call 763-4789 ext. 3 or visit thefells.org.

- **YOUTH & TEEN THEATRE WORKSHOP** at the Majestic Theatre (922 Elm St., Manchester) Sat., March 9, 10 a.m.-noon. For ages 8-19, learn theater games and techniques with the Majestic Theatre's staff. Call 669-7469 or visit majestictheatre.net.
- **MOVIE MATINEE** at the Goffstown Public Library (2 High St., Goffstown) Tues., March 12, 1-3 p.m. For students and fifth grade and younger, visit the library for a movie on this early release day. Call 497-2102 or email pattip@goffstownlibrary.com.
- **EAST CONCORD COOPERATIVE PRESCHOOL OPEN HOUSE** at the East Concord

Community Center (18 Eastman St., Concord) Wed., March 13, 5:30-7 p.m. Parents can enroll potty-trained children ages 3 to 5 for the 2013-14 or current school year. Kids are welcome to attend the open house to learn about the non-profit co-op. Classes meet at the community center on Monday, Wednesday and Friday, 9 a.m.-noon. Call 225-9745 or visit eastconcordcoop.org.

- **FAMILY NIGHT** at Kelley Library (234 Main St., Salem) Wed., March 13, at 6:30 p.m. The theme of the evening is "Living Art Gallery" and visitors will act out works of art. Recommended for ages 6-10. Register by calling 898-7064. Visit salem.lib.nh.us.
- **PRESCHOOL OPEN HOUSE** at The Well School (360 Middle Hancock Road, Peterborough) Wed., March 13, at 9:30 a.m. Check out the early learn-

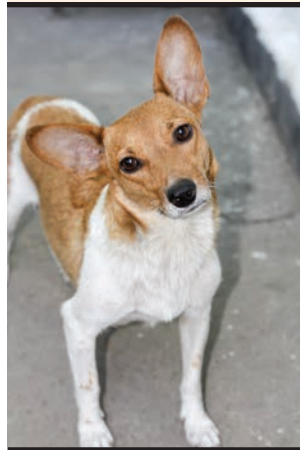
ing classrooms and explore the school's barn. Register by calling 924-6908 ext. 27 or visiting wellschool.org/openhouse.

- **ST. PATRICK'S DAY PARTY** at the Goffstown Public Library (2 High St., Goffstown) Fri., March 15, 10-11 a.m. Visit the library for stories, crafts and a shamrock coin hunt. Registration required. Call 497-2102 or email pattip@goffstownlibrary.com.
- **ANIME CLUB** at the Goffstown Public Library (2 High St., Goffstown) Sat., March 16, 10-11 a.m. For grades 5-8. Watch, draw and trade anime. Call 497-2102 or visit goftownlibrary.com.
- **BIRD FEEDER CRAFT** at Wadleigh Memorial Library (49 Nashua St., Milford) Sat., March 16, 11 a.m.-noon. Make a natural bird feeder for birds returning for the spring. This is a drop in program for all ages. Call 673-

2408 or visit wadleighlibrary.org.

- **EXPLORING ART: GO FISH!** at Kelley Library (234 Main St., Salem) Thurs., March 21, at 3:30 p.m. For ages 7-12, learn about collage art and create a fish art scene of your own. Registration is required. Call 898-7064 or visit salem.lib.nh.us.
- **EASTER BUNNY BREAKFAST** at Bartlett Elementary School (689 Mast Road, Goffstown) Sat., March 23, 8 a.m.-noon. Easter egg hunts, photos with the Easter Bunny and raffles will all be a part of the event. Breakfast is \$5 for ages 11 and older, \$3 for ages 4-10 and free for children 3 and younger. Visit bartlettpta.org.
- **EASTER EGG HUNT** at NH Sportsplex (68 Technology Drive, Bedford) Sat., March 23, 9-11 a.m. Hosted by the Bedford Area MOMS Club, events

SAVE A PET



Twelve animal shelters across New Hampshire are joining forces for a new fundraising initiative called NH PetSave. The shelters span the entire state and will raise funds to help improve the lives of homeless pets and help find them a permanent living situation. The fundraising gets started on Thursday, March 21, but you can check out what the initiative is all about at nhpetsave.org.

include raffles, bake sale, silent auction and an Easter egg hunt. Proceeds benefit the Our Promise to Nicholas Foundation, which helps fund research for Batten Disease. Visit optneegg hunt.com.

• **STAYING FOUND WORKSHOP WITH SEARCH AND RESCUE DOGS** at Beaver Brook Association (117 Ridge Road, Hollis) Sat., March 30, 10 a.m.-noon. For ages 4-10, learn ways to avoid getting lost and what to do if separated from a group. Search and rescue dogs will be on hand for a demonstration. Admission is free, but prior registration is required. Call 432-7840, email wandarice@comcast.net or visit amc-nh.org/committee/excursions/index-familystayingfoundworkshop.php.

• **PUPPET MAKING WORKSHOP** at the Nashua Public Library (2 Court St., Nashua) Tuesdays, April 2, 9 and 16, at 4 p.m. Use household materials to create puppets. Registration is required. Call 589-4600 or visit nashualibrary.org.

• **NATURAL WONDERS -- PARENT & CHILD CLASS** at Beaver Brook Association (117 Ridge Road, Hollis) Mon., April 15 to Tue., May 14. Classes meet Mondays at 12:30 p.m., or Tuesdays at 10 a.m. Admission is \$52 for the series and \$6 for additional siblings. To register, call 465-7787 or visit beaverbrook.org.

• **MUSIC IN MY POCKETS: FAMILY FUN IN FOLK MUSIC** at the Hooksett Library (31 Mount Saint Mary's Way, Hooksett) Thurs., April 25, at 6:30 p.m. Learn singing games, stories and small instrument techniques. Call 485-6092 or visit hooksettlibrary.org.

• **OUT AND ABOUT FOR PRE-SCHOOLERS: WAKING UP TO SPRING, BIRD SONGS AND NESTS** at The Fells Historic Estate & Gardens (456 Route 103A, Newbury) Sat., April 27, 11 a.m.-noon. Learn about bird songs and nests and then create your own. Admission is \$5. Call 763-4789, ext. 3, or visit thefells.org.

• **PAPER CRAFT WORKSHOP** at the Nashua Public Library (2 Court St., Nashua) Tuesdays, May 7, 14 and 21, at 4 p.m. Create crafts including cards, pop-up frogs and flying objects from paper. Registration is required. Call 589-4600 or visit nashualibrary.org.

• **FAMILY FUN DAY** at Nashua High School South (36 Riverside St., Nashua) Sat., May 11, 10 a.m.-4p.m., and Sat., Oct. 5, 10 a.m.-4 p.m. Hosted by Lil' Iguana's Children's Safety Foundation, enjoy bounce houses, scavenger hunts, sports activities and more. Admission is free. Visit liliguanausa.org.

Summer camps

• **CAMP STARFISH** 12 Camp Monomac Road, Rindge, 899-9590, features day and overnight camp options for ages 5 and older with emotional, behavioral, social and learning difficulties.

• **PAINT PARTY SUMMER CAMPS** at Paint Party (63 Range Road, Windham). Camps run Monday-Thursday, 9 a.m.-noon. Programs are offered for grades one to eight. An Animal Exploration program runs July 15 to 18 for grades 1-4 and July 22 to 25 for grades 4 to 8. A New England Landscape program runs from Aug. 5 to 8 for grades 4 to 8 and Aug. 12 to 15 for grades 1 to 4. Cost is \$135. Call 912-5441 or visit paintpartynh.com.

Ongoing activities

• **ABC AND ME** at Meredith Public Library (91 Main St., Meredith), Wednesdays, 10-11 a.m. or 1-2 p.m. For ages 3-5. Learn songs, stories and crafts to help expand vocabulary. Call 279-4303.

• **ART CLASSES** will be held at the Kimball Jenkins Estate (266 N. Main St., Concord) throughout the spring for both children and adults. Call 225-3932 or visit kimballjenkins.com.

• **ARTSY SATURDAYS** at Meredith Public Library (91 Main St., Meredith), Saturdays, 10 a.m.-

noon. Create art and learn art concepts. Call 279-4303 or visit www.meredithlibrary.org.

• **AMERICAN GIRL CLUB** at Barnes & Noble, 1741 S. Willow St., Manchester, on the third Wed. of the month, 6:30 p.m. All are welcome. Bring your American Girl doll. Call 668-0022.

• **BECK'S ART EXPRESS** offers children's art parties and art education at 6 Gaffney St., Nashua. Call 889-1670 or visit artsexpressnh.com.

• **CONCORD BOYS & GIRLS CLUB** (55 Bradley St., Concord, 224-1061, concordkids.org) offers after-school programs ages 6-18. There are also programs in Suncook and Hopkinton along with fall and winter basketball. Applications for after-school programs are on the website.

• **CRAFTERNOON** for grades 1 to 8 at Concord Public Library is held once monthly and features a different craft project each month.

• **CRAFT EXTRAVAGANZA** at Tucker Free Library (31 Western Ave., Henniker, 428-3471, tuckerfreelibrary.org) every Thursday at 3:15 p.m. for children in grades K-2.

• **CREATIVE CRAFT CLASSES** at Nashua Public Library (2 Court St., Nashua) Thursdays at 4 p.m. For ages 6-10. Register online at www.tinyurl.com/nplkid for up to three of six options.

• **DOLLAR DEAL NIGHT** at the Children's Museum of New Hampshire (6 Washington St., Dover) on the first Friday of the month during the school year. From 5:30-8 p.m., museum admission will be \$1. Call 742-2002 or visit www.childrensmuseum.org.

• **DUNGEONS AND DRAGONS CLUB** at the Hollis Social Library (2 Monument Square, Hollis) on the second and fourth Mondays of the month, 4-5 p.m. Receive an introduction to Dungeons and Dragons. Call 465-7721 or visit hollislibrary.org.

• **FAMILY PAJAMA TIME** in the meeting room at Hollis Social Library on the third Wednesday of every month at 6:30 p.m., all ages welcome. Enjoy stories and snacks.

• **FIRST FRIENDS PLAY GROUP** (Children's Museum of NH, 6 Washington St., Dover, 742-2002, childrens-museum.org) runs every Wednesday 9:30-11 a.m. Parents and their children ages 6-24 months are invited to come and play. This drop-in program is free for museum members; nonmembers pay regular admission.

• **FRIDAY AFTERNOON MOVIES** at West Manchester Community Library, every Friday at 3 p.m. Call 624-6550.

• **FRIDAY FAMILY MOVIES** at Hollis Social Library (2 Monu-

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TRIVIA TEST



Show off your intellectual prowess at the Friends of the Amherst Town Library Trivia Night. Form a team of between eight to 10 members (must be 21 or older) and demonstrate your skills on a variety of trivia topics. The top team will receive a \$100 cash prize and there will be raffles during the event. Registration is \$10 and will benefit the Friends of the Amherst Town Library program fund. The game is Thursday, March 28, at 7 p.m., but registration is due by Friday, March 15.

ment Square, Hollis) on the first Friday of the month at 5:15 p.m. Bring a potluck dish to share. Call 465-7721 or visit www.hollislibrary.org.

- **GIRL SCOUTS** of the Green and White Mountains, for girls ages 5-17. Make friends, take action, and have new and exciting experiences. See girlscoutsgwm.org or call 888-474-9686 to find a troop in your area.

- **GREATER MANCHESTER YMCA** (locations in Manchester, Goffstown, Londonderry and Rochester, gmymca.org) offers before- and after-school care in all locations along with a School's Out program in Manchester. Rates vary depending on and location.

- **GREATER NASHUA YMCA** (6 Henry Clay Drive, Merrimack, 881-7778, and 17 Prospect St., Nashua, 882-2011, nmymca.org) offers an after-school program for children in grades 1-6.

- **HOMEWORK HELP** at the Connection Center, 280 DW Hwy., Merrimack, every Friday, 3-5 p.m. Free. See connection-center.org or call 670-8504.

- **LEGO CLUB** in the auditorium of Concord Public Library, second Thursday of each month, 3:30-4:30 p.m. Each month participants will be given a new building challenge; designed for grades K-8. Registration is not required. Call 225-8670.

- **LEGO CLUB** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton), first and third Friday of the month at 3:30 p.m. For ages 6 and older. Build your own Lego project.

- **LEGO PARTY** at Wadleigh Memorial Library (49 Nashua

St., Milford) on the third Thursday of the month, 4-6 p.m. Visit the library to build your own creations from legos. Call 673-2408 or visit wadleighlibrary.org.

- **LEGOMANIA** at the Rye Public Library (581 Washington Road, Rye) Mondays, 3:30-4:30 p.m. Drop-in program. Call 964-8401.

- **LEGOS** at Meredith Public Library (91 Main St., Meredith), every Tuesday and Thursday, 5-7:30 p.m. The library will provide a box of Legos to build with. Call 279-4303.

- **MANCHESTER BOYS & GIRLS CLUB** (555 Union St., Manchester, 625-5982 or 625-5031, mbgcnh.org) offers after-school programs in various locations in Manchester, including the Keystone Club and homework help.

- **MESSY CRAFT CLUB** at Hollis Social Library (2 Monument Square, Hollis). First Monday of each month at 4 p.m. for grades K-2. After making a messy craft, enjoy a story. Call 465-7721 or visit www.hollislibrary.org.

- **MONDAY NIGHT SCRABBLE** Every Monday at Hollis Social Library, 6:30-8:30 p.m. in the library meeting room. Invite your favorite Scrabble partner to come with you, or meet new opponents. Bring a Scrabble board if you have one.

- **MOTHER-DAUGHTER BOOK CLUB** at Hollis Social Library (2 Monument Square, Hollis) on the third Wednesday of each month, 6 p.m. For girls in grades 5-8 and their mothers. Attendees are requested to bring a potluck dish. Sign up online at www.hollislibrary.org.

- **NASHUA BOYS & GIRLS CLUB** (47 Grand Ave., Nashua, 883-0523, bgcn.com) offers programs for ages 5 to 18. Transportation is available from all Nashua schools to the Boys & Girls Club along with after-school programs at area schools. The website has a full listing of programs.

- **OPEN GYM** at Flipz Gymnastics (134D Hall St., Concord, 224-3223, flipzgymnastics.com) on Mondays, 10:30 a.m.-12:30 p.m., Tuesdays, 9 a.m.-noon and 2-3 p.m., Fridays, 10 a.m.-noon, and Saturdays, 10:15 a.m.-12:15 p.m. There are trampolines, rings, balance beams, tunnels, slides, an inflatable bounce house and more. Cost is \$5 per child. Call 224-3223.

- **PAWS FOR PAGES** Concord Public Library, 45 Green St., Concord, 230-3682. Designed to help kids improve their reading and communication skills. Lily or Sparkle will be available with their handlers the first and third Thursdays and second and fourth Wednesdays of each month from 3:30-5 p.m. to listen as children read to her. Both are certified through Therapy Dogs International and are calm, gentle dogs that love people. Children who attend will each have 15 minutes of Lily's or Sparkle's undivided attention.

- **PAPER CRAFT** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton), third Wednesday of the month at 3:30 p.m. For ages 8 and older, a different paper craft each month. Call 654-2581 or visit wiltonlibrarynh.org.

- **PLAY DOUGH PLAY TIME** at Kalily Studio (22 Huckins Road, Epsom) Saturdays, 10 a.m.-noon. \$5 per child drop in rate. Call 783-6065 or visit kalilystudio.com.

- **PLAYTIME** at the Rye Public Library (581 Washington Road, Rye) Thursdays at 11 a.m. Drop-in time for games, crafts and puzzles. Call 964-8401.

- **PRESCHOOL ARTS AND CRAFTS** at Nashua Public Library (2 Court St., Nashua) on Thursdays at 1 p.m. Register at www.tinyurl.com/nplkid for up to three of six options.

- **SOUHEGAN VALLEY BOYS & GIRLS CLUB** (56 Mont Vernon St., Milford, 672-1002, svbgc.org) offers after-school for 6- to 18-year-olds along with before-school program for elementary students.

- **SQUAM TODDLER TIME** at Squam Lakes Association (534 Route 3, Holderness), on the third Thursday of the month through April, 10 a.m.-noon. Admission is free and activities will include nature exploration. Call 968-7336, info@squamlakes.org or visit www.squamlakes.org.

- **TEEN AND YOUTH KNITTING WITH PAM** at the Rye

INSIDE/OUTSIDE KIDDIE POOL

Fun for the family

This weekend is your last chance to take part in a **Sleigh Ride Social** at Charming-fare Farm (774 High St., Candia). Take a ride through the woods toward a bonfire where there will be marshmallow and hot dog roasting and hot cocoa. Look out for live animals during the ride. Sleigh rides will leave on Saturday, March 9, and Sunday, March 10, during the afternoon and evening. Admission is \$25 per person and free for children up to 1 year old. Call 483-5623 or visit visitthefarm.com.

Luke Skywalker, Princess Leia, Han Solo ... and Max? The Manchester Monarchs' lovable mascot is turning 12 on Sunday, March 10, and is having a **Star Wars birthday party**. During Sunday's game against the Wilkes Barre/Scranton Penguins, celebrate Max's birthday with Star Wars characters, who will be available for photos during the game. The game begins at 5 p.m., at the Verizon Wireless Arena (555 Elm St., Manchester). Tickets range from \$17 to \$29. Visit manchesterm monarchs.com.

Join **PlayDate NH** at the Rodgers Memorial Library (194 Derry Road, Hudson) on Saturday, March 9, for Gaming Day. Join in the fun with board games, role-playing games, video games and card games. Gaming Day runs from noon to 4 p.m. Call 886-6030 or visit rodgerslibrary.org.

The puppy that might spend its time curled up on your couch has relatives all over New Hampshire, but you don't want to get too close. Learn all about foxes and coyotes during **Yip, Bark or Howl: New Hampshire Wild Dogs**, on Friday, March 8, from 7 to 8 p.m., at Amoskeag Fishways (4 Fletcher St., Manchester). After you learn about these wild dogs, see just how loud you can howl in a howling contest. Admission is \$5. To register, call 626-FISH or visit amoskeagfishways.org.

Arts and crafts

It's **Play Dough Play Time** at Kalily Studio (22 Huckins Road, Epsom). Visit the studio on Saturday, March 9, from 10 a.m. to noon for this drop-in play dough event. Admission is \$5 per child and accompanying adults attend for free. Call 783-6065 or

Public Library (581 Washington Road, Rye) on the first and third Friday of the month 3-4:30 p.m. For grades 5-8. Call 964-8401.

- **TODDLER MUSIC CLASS** at the Children's Museum of New Hampshire (6 Washington St., Dover) Saturdays through March 23, 10-10:45 a.m. The Groove & Grow class will be taught by Marissa Ruffini of Sonatina Music Therapy. Enrollment is \$120. Call 742-2002 or visit childrens-museum.org.

- **TOT TIME** at Meredith Public

Library (91 Main St., Meredith), Fridays, 9:30-10:30 a.m. For children up to 3 years old, come for a story, art project and a snack. Call 279-4303.

- **TUESDAYS WITH STORIES** at Pelham Public Library (24 Village Green, Pelham) on the third Tuesday of the month, 3:30-4:30 p.m. For grades 2-4, visit the library for a book and an activity. Call 635-7581 or visit www.pelhampubliclibrary.org.

- **TUESDAYS WITH WEEZER** at the Wilton Public and Gregg

visit kalilystudio.com.

Get your hands messy during **Parent and Kids Clay Play Day** at Studio 550 Art Center (550 Elm St., Manchester). On Saturday, March 9, from 1:30 to 3 p.m., and 3:30 to 5 p.m., kids and parents will make their own clay creations from scratch. Once your projects are done, leave them at the studio to be fired. Two to three weeks later, projects will be ready for pick-up. Cost is \$40 for a parent with one child, \$50 for a parent with two children. For additional children, contact Studio 550. Call 232-5597 or visit 550arts.com.

There's been a lot of talk about the Samurai in Manchester recently, thanks to the Currier Museum of Art's "Lethal Beauty: Samurai Weapons and Armor" exhibit. On Saturday, March 9, from 10 a.m. to 1 p.m., visit the museum (150 Ash St., Manchester) for a family program called **Picture Yourself ... As a Samurai**. The event will include interactive activities and a gallery walk. Admission is free on Saturdays before noon. Call 669-6144 or visit currier.org.

Mad science

Start your weekend with some science. On Friday, March 8, from 3:30 to 4:30 p.m., the **Mad Science** program at the Wadleigh Memorial Library (49 Nashua St., Milford) will give kids in grades 2 through 5 a chance to make bridges out of file cards. Test out your bridge by seeing how many pennies it can hold. Call 673-2408 or visit wadleighlibrary.org.

Jump around

Spend the night playing and benefiting the Girl Scouts. On Saturday, March 9, visit **NUThin' But Good Times** (746 DW Highway, Merrimack) from 4 to 8 p.m., and a portion of the admission and food sales proceeds will go to the Girl Scouts. NUThin' But Good Times is an indoor playground featuring a climbing structure, slides and more. Admission is \$9 for ages 4 and older, \$5.50 for 3 and younger, \$2.50 for crawlers, \$2.50 for adults and free for infants. Call 429-2200 or visit nuthinbutgoodtimes.com. 🍌

Free Library (7 Forest Road, Wilton) on the second and fourth Tuesday of the month, at 3:30 p.m. For ages 8 and up, learn no-bake cooking. Registration is required. Call 654-2581 or visit wiltonlibrarynh.org.

- **WEE ONES PLAY GROUP** (Children's Museum of New Hampshire, 6 Washington St., Dover, 742-2002, childrens-museum.org) runs every Wednesday 9:45-10:45 a.m. This interactive, drop-in program for children ages 2-4 with a parent or caregiv-

MARCH FOR JAYME

The January Jaunt to benefit Jayme's Fund was postponed earlier this year, but will be held Saturday, March 16, from 9 a.m. to 1 p.m. Renamed March for Jayme's Fund, the snow shoe or hiking event will raise money for the foundation that works to benefit human rights for children. Each participant is asked to raise a \$100 minimum and registration is available until the day of the event. The hike gets underway at 22 Farley Road, Hollis. Visit jaymesfund.org.

er includes art, music, movement and conceptual learning with a new theme each week. The cost per adult/child pair is \$8 (\$5 for members).

• **WII FRIDAY** at Hollis Social Library (2 Monument Square, Hollis), every Friday, 2:30-4:45 p.m. Games and snacks will be provided, but kids in grades three and up are invited to bring their own. Call 465-7721 or visit www.hollislibrary.org.

• **WII WEDNESDAY** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton), fourth Wednesday of the month at 3:30 p.m. For grades five and up, Wii and board games will be available for an afternoon of play. Call 654-2581 or visit www.wiltonlibrarynh.org.

• **YWCA OF MANCHESTER** (72 Concord St., Manchester, 625-5785, ywcanh.org) offers Peer Action Changing Tomorrow, a 10-week YWCA teen leadership and education program that empowers teens to become resources and consultants to peers about sexuality and health concerns, and Girls Circle, a safe and fun place for girls to get away from all the difficult things they deal with from day to day. It also offers an after-school program for girls 6 to 13. Email info@ywcanh.org.

Teen/tween events

• **CELEBRATE NATIONAL PI DAY** at the Goffstown Public Library (2 High St., Goffstown) Tues., March 12, at 12:30 p.m. For students and grades six and up, make an unbaked banana split pie. A prize will be awarded to the student who can recite the most digits of pi. Call 497-2102 or visit goftownlibrary.org.

• **EARLY RELEASE DAY FILM** at the Nashua Public Library (2 Court St., Nashua) Wed., March 20, at 2:30 p.m. Call 589-4646 for film title.

• **EDIBLE BOOK CONTEST** at the Nashua Public Library (2 Court St., Nashua) Sun., April 14, 1:30-4:30 p.m. Submit an edible entry based on a literary topic. Contact Linda Walker at 589-4608 or email linda.walker@nashualibrary.org.

• **USB FLASH DRIVE WRISTBAND** at the Nashua Public Library (2 Court St., Nashua) Tues., April 16, at 4 p.m. Create and design a wearable wristband that contains your personal flash drive. Call 589-4600 or visit nashualibrary.org.

• **SCHOOL VACATION WEEK FILM** at the Nashua Public Library (2 Court St., Nashua) Mon., April 22, at 7 p.m. The film title will be available after Mon., April 1 by calling 589-4646.

• **SAT ESSAY PREP** at the Derry Public Library (64 E. Broadway, Derry) Sat., April 27, 1-2:30 p.m. Take two practice tests and discuss techniques for the SAT essay. Call 432-6140 or visit derrypl.org.

• **CAFE DAYS** at Derry Public Library (64 E. Broadway, Derry) every other Tuesday, ending May 14, 3:30-4:30. Come for tea, coffee, chai lattes and discussions about books, art, writing and more. Call 432-6140 or visit derry.lib.nh.us.

• **DIY SCREEN PRINTING** at the Nashua Public Library (2 Court St., Nashua) Tues., May 21, at 4 p.m. Bring a T-shirt and add a custom design of your own. To register, visit tinyurl.com/nplteen. Call 589-4600.

• **PLAY DATE NH** invites youth age 12-18 to learn, play and enjoy new card, strategy and board games at area libraries. Semi-professional game geeks will mentor new players in classic and modern games. See playdaten.com. Second Saturday of each month, noon to 4 p.m., at Rodgers Memorial Library (194 Derry Road, Hudson, rodgerslibrary.org, 886-6030).

• **ANIME CLUB** for ages 12-18 at Hollis Social Library on the last Monday of every month, 2:30-4:15 p.m.

• **ANIME CLUB** for ages 12-17 at Nashua Public Library, 2 Court St., Nashua, first Tuesday of every month at 4 p.m. Discuss anime or manga series, participate in games and activities, and display your anime sketches in the teen room. Call 589-4612 or visit tinyurl.com/nplteen.

• **ANIME CLUB** at Manchester City Library, 405 Pine St., Manchester. Meets on the first and third Thursdays of each month. Open to grades 6-12. Play cards, watch movies, discuss favorite characters, and draw. Call Kate Norton at 624-6550, ext. 335, or email knorton@manchester.nh.gov for details.

• **ANIME AND MANGA CLUB** at the Pelham Public Library (24 Village Green, Pelham) will host its first meeting Monday, March 18, 4-5 p.m. Talk about anime and manga and share drawing techniques. Call 635-7581 or visit pelhampubliclibrary.org/teen-noize.

• **ANIME AND MANGA CLUB** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton), first Wednesday of the month at 3:30 p.m. Club for teenagers to discuss, watch and draw Japanese-style comics and animation. Call 654-2581 or visit www.wiltonlibrarynh.org.

• **ANIME/MANGA CLUB** at Rodgers Memorial Library (194 Derry Road, Hudson) meets on the third Monday of each month at 2:30 p.m. and the first Saturday of each month at 1 p.m. Call 886-6030.

• **BALLROOM DANCING** for ages 11-19 at Queen City Ballroom, 21 Dow St., Manchester. To sign up, email nqctybalrm@aol.com or call 622-1500. Visit queencityballroomnh.com.

• **BOOK DISCUSSIONS FOR TEENS** at Nashua Public Library (2 Court St., Nashua) on the last Tuesday of the month at 4 p.m. Each month will have a theme, but participants can choose the book. Call 589-4610, email teens@nashualibrary.org or visit www.tinyurl.com/nplteen.

• **BOOKS AND BITES** Talk books and eat food at the Nashua Public Library (2 Court St., Nashua) on Tuesdays at 4 p.m. A new theme each week. Call 589-4610, email teens@nashualibrary.org or visit www.tinyurl.com/nplteen.

• **CECILIA ENSEMBLE** High school-age section of the Peterborough Children's Choir is open to girls grades 9-12 who can meet for practice Mondays 4-5:30 p.m. at Peterborough Unitarian Church on Main Street. There are requirements for singing ability and self-motivation. Contact Maria Belva at 924-2055 or mariabelva@gmail.com. pcchoir.org.



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 March 9, 4 pm - 8 pm, All Welcome!

JMES Fundraiser
 March 22, 4 pm - 8 pm, All Welcome!

Parents Night Out
 Saturday, March 23, 6 pm - 9 pm

Family Ceramic Night
 Friday, March 29, 5-7 pm
 (pre-register & save)

Check out our web site for event details!

WIRE JEWELRY



Start with wire and finish with a brand new piece of jewelry. The League of NH Craftsmen Nashua Gallery (98 Main St., Nashua) will host Fun with Wire on Saturday, March 16, from 10 a.m. to 4 p.m. Joy Raskin will lead the program, which will involve a variety of fun and easy techniques to transform wire into something completely new. Fun with Wire is offered to adults and teenagers, 14 and older. Admission is \$70 with a \$25 materials fee. Call 595-8233 or visit nhcrafts.org/localsites/nashua/classes.html.

- **CHICKS WITH STICKS BOOK CLUB** Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Thursdays, 3 p.m. in the AV Room. For grades 7 and up, this club invites participants to bring their current knitting projects, enjoy snacks and book discussions. New members and beginner knitters are welcome. Call 673-2408 or visit wadleighlibrary.org.
- **FANTASY BOOK CLUB** held on the first Tuesday of every month at 4 p.m. at Hollis Social Library, 465-7721, hollis.nh.us/library. For ages 8-13. For kids who love reading fantasy books about dragons, magic, the future and more. Free and open to the public.
- **GEEKS R US ANIME CLUB** for teens at Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Tuesdays at 4:30 p.m. in the Keyes Meeting Room. Hang out and discuss your favorite anime or manga series, games and activities. Call 673-2408 or visit wadleighlibrary.org.
- **JR. FRIENDS OF THE LIBRARY** Hollis Social Library, 465-7721, for grades 5 and up, on the 2nd Tuesday of every month at 4 p.m. Children can help organize, plan and run special family, children's and summer reading programs. They can earn volunteer hours. Sign up at hollislibrary.org.
- **MONDAY NIGHT SCRABBLE** every week, 6:30-8:30 p.m., at Hollis Social Library, 465-7721, hollislibrary.org. Join young adults for some fun rounds of this classic word game. Invite a partner. Bring a Scrabble board, if possible.
- **NH INSTITUTE OF ART** (148 Concord St., Manchester, 866-241-4918, nhia.edu) offers classes for high school students college credit. Prices vary depending on type of class and materials needed.
- **NPL TEEN WRITERS** at the Nashua Public Library (2 Court St., Nashua) on the second Tuesday of the month at 4 p.m. Share your writing and provide feedback for others. All writing styles are welcome. Call 589-4600 or visit nashualibrary.org.
- **TEEN ADVISORY BOARD** meets on the second Wednesday of every month at 7 p.m., at Hollis Social Library, 465-7721, hollislibrary.org. For ages 13-18. Help the library plan programs, choose books and materials for teens, organize outreach, decorate the teen area, eat snacks and hang out with friends. Community service credit will be given.
- **TEEN COOKING CLUB** at Manchester City Library, 405 Pine St., Manchester, meets monthly on Wednesdays at 4 p.m. Teens ages 11-18 are welcome to learn the basics of cooking, make their favorite dishes and explore new types of food. All materials will be provided. Club meets in the Winchell Room. Call 624-6550.
- **TEEN MUSIC CLASSES** at Music Together of Milford, 102 Elm St., Milford, on Mondays, 7:30-8:30 p.m. Advanced and intermediates welcome to acoustic music class led by Amy Conley. Cost is \$10/session. Adults also welcome. Call 249-9560 to register. Visit amyconleymusic.com.

- **TEEN PIZZA & PAGES** at Wadleigh Memorial Library, 49 Nashua St., Milford, meets monthly on Thursdays at 3:30 p.m. For grades 5 and up. Enjoy pizza while discussing a book. Copies available on the teen display. Call 673-2408 or visit wadleighlibrary.org.
- **TEEN SNACK AND CHAT** at Rye Public Library (581 Washington Road, Rye) Wednesdays, 3:30-4:30 p.m. Visit the library to create cupcakes and more. Call 964-8401.
- **TWEEN TUESDAYS** every Tuesday at 4 p.m. in the meeting room at the Hollis Social Library. Choose from Fantasy Book, Game Club, Craft Days, Book Buddies, or do all four. Fantasy Book Club is on the first Tuesday of every month and designed for kids who love reading fantasy books. Books provided at each meeting for the following month. Game Club is on the second Tuesday of every month and includes Wii, board games and snacks. Craft Days are the third Tuesday of every month. Book Buddies is the fourth Tuesday of every month and includes planning story times and crafts for preschool children. Read at after-school storytime and family pajama time
- **WII DAYS FOR TEENS** at Hollis Social Library, every other Friday, 3 p.m., for ages 12-18. Snacks and drinks provided. Sign up at the circulation desk.
- **TEEN WRITERS GROUP** at Derry Public Library (64 E. Broadway, Derry), bi-weekly. Check calendar for times. Learn about story development and listen to others' stories. Call 432-6140 or visit www.derry.lib.nh.us.
- **TEEN WRITING CLUB** at Wadleigh Memorial Library, 49 Nashua St., Milford. Free-write for the first half-hour, then read aloud (you can bring in anything you've been working on at home for this part). Call 673-2408 or visit wadleighlibrary.org.
- **WRITER'S BLOCK** is a group of aspiring writers who meet up every Saturday in the Library Meeting Room at the Hollis Social Library, 2 Monument Square, Hollis. Call 456-7728 after 5 p.m.
- **YOU'RE FIRED** (Bedford, 641-FIRE; Concord, 226-FIRE; Salem, 894-KILN; yourefirednh.com) Friday Night is Teen Night and teen studio fees are \$4 (half off).
- Toddler/preschool/baby**
 - **BABY LAPSIT** at Wadleigh Memorial Library, 49 Nashua St., Milford, meets on Wednesdays at 10 a.m. For birth to 18 months. Bouncing rhymes, tickle songs and lots of movement. Older siblings welcome. No registration required. Call 673-2408 or visit wadleighlibrary.org.

INSIDE/OUTSIDE TREASURE HUNT

Dear Donna,

Can you tell me anything about this fireman's cap? It's a local one from here in New Hampshire, but I don't know anything else about it.

Tim of Hanover

Dear Tim,

Your fireman's hat is collectible but mostly because it's a local one. The cap you have is often also used for policemen and other type jobs. On both sides you will see a button that will say either FD for fire department or PD for police department. Then usually the attached badge will let you know where it was from.

They have been making this style since around turn of the century (1900s), so age is tough to tell sometimes just from a photo. But yours looks to be from possibly the 1920s era. By looking at the inside you can see the woven paper liner.

The value for you is that it's a local piece. Firemen collectibles are based on age, rarity, origin and quality and condition. If this were a helmet rather than a cap, it would have a much higher value.

Even though yours looks to be in good condition, it isn't incredibly rare, so I would say if it weren't a local one it would be in the \$30 range. However, because there are a lot of people who like local collectibles



and firemen items, the value would be in the \$100 range.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown (www.fromoutofthewoodsantiques.com). She is an antiques appraiser, an instructor and a licensed auctioneer. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at footwdw@aol.com. Or drop by the shop (call first, 624-8668).



- **BABY YOGA** at Hollis Social Library (2 Monument Square, Hollis) Mondays, 10:30 a.m. For infants-18 months. Sign up online at www.hollislibrary.org.
- **BABIES AND BOOKS STORYTIME** Nashua Public Library, 2 Court St., Nashua, 589-4610, Thursdays at 9 and 10 a.m. (ages 13-24 months); 11 a.m. and noon (up to 12 months). Through music and stories, parents can learn how to read aloud and develop their babies' language and pre-reading skills. No registration is required. For more information, call 589-4631 or go to nashualibrary.org.
- **KINDERMUSIK CLASSES** in music and movement are offered at Kindermusik in Peterborough, kindermusik.com, for ages 1½-3.
- **LISTEN LIKE LEARN** is a holistic approach that involves listening, moving and singing to help students feel the rhythm of language, stimulate their curiosity, strengthen their ability to listen, concentrate, focus, and develop speech and auditory discrimination. Classes for children from infants to 5. Fee for 10-week session is \$180 per child. Call 769-9553 or email rahel@rahelmusic.com or visit yourchildsmusic.com.
- **LITTLE EXPLORERS** at McAuliffe-Shepard Discovery Center, 2 Institute Drive, Concord, on third Wed. of the month, 10 a.m. Space workshops for ages 3-4. Visit starhop.com.
- **LITTLE MOVERS STORYTIME** at Manchester City Library, 405 Pine St., most Thursdays at 10:30 a.m., combines books, music and movement activities for children ages 2-5. No registration is required. Call 624-6550, ext. 328, for info.
- **MOTHER GOOSE ON THE LOOSE** at Pollard Memorial Library, 401 Merrimack St., Lowell, Mass., 978-970-4118, is a series of nursery rhyme programs for children from birth through age 3. Big sisters and brothers are welcome. Takes place every Tuesday at 10 and 11:15 a.m. Guests are asked to choose only one session.
- **MUSIC & MOVEMENT CLASSES** at Concord Community Music School, 23 Wall St., Concord, for ages 6 months to 7 years old. Call 228-1196 or visit ccmusicsschool.org.
- **PRESCHOOL PLAYTIME** at the New Heights Community Center (22 Canterbury St., Concord) Tuesdays through April 9, 9:30-10:15 a.m. For ages 18 months to 4 and parents, get introduced to basic sport concepts. Call 225-8690 or visit onconcord.com/recreation.
- **PRESCHOOL STORYTIME** at Hollis Social Library, 2 Monument Square, Hollis, 465-7721,

- cord, on third Wed. of the month, 10 a.m. Space workshops for ages 3-4. Visit starhop.com.
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- **PRESCHOOL STORYTIME** at Hollis Social Library, 2 Monument Square, Hollis, 465-7721, Mondays at 2:20 p.m., and Thursdays at 11:45 a.m. This drop-in program is for ages 3 to 5 and includes stories and crafts.
- **PRESCHOOL STORYTIME** at Pollard Memorial Library, 401 Merrimack St., Lowell, Mass., 978-970-4118, takes place every Wednesday at 10:30 a.m. For children ages 3 and older.
- **PRESCHOOL STORYTIME** at Tucker Free Library (31 Western Ave., Henniker, 428-3471, tuckerfreelibrary.org) every Wednesday at 10:15 a.m. The storytime includes stories, songs and activities.
- **PRESCHOOL STORYTIME** at Derry Public Library (64 E. Broadway, Derry), Mondays at 10 a.m. Story program for ages 3-5 and their caregiver. Take part in books, songs, stories, puppets and other events. No registration is required. Call 432-6140.
- **PRESCHOOL YOGA BUDS** Concord Recreation Department, 1 White St., Thursdays. Children along with their parent/guardian will share stories, songs and yoga poses to build self-awareness, coordination, cooperation and calmness. Call 225-8690.
- **TINY PEOPLE BOOK CLUB** at Kaleo Coffee, 83 Main St., Dover, 343-4139, kaleocoffee.com. The group meets every Wednesday, from 10 to 11 a.m., for fun reading activities.

BLUEBIRD BASICS



Bird species like the eastern bluebird and tree swallow are becoming scarcer in New Hampshire, but the Massabesic Audubon Center (26 Audubon Way, Auburn) is hosting a program for visitors to go out on the lookout for the birds. On Saturday, March 9, from 10 a.m. to 2 p.m., to learn about the species, explore the bluebird trail and help clean and repair bluebird boxes. Admission is free. Call 668-2045 or visit nhaudubon.org.

• **TINY TOTS TIME** every Friday at 11:30 a.m. at Hollis Social Library, 465-7721, hollis.nh.us/library. For infants to age 3. Introduction to rhymes, stories, songs and new friends. Free and open to the public.

• **TODDLER YOGA BUDS** Concord Recreation Department, 1 White St., Thursdays. For children ages 4-6. Learn breathing techniques, yoga poses and games that foster self-awareness. Play games that will engage the mind and body. Call 225-8690.

• **TODDLER TALES** for children ages 2 to 3 with a parent/caregiver, at the Concord Public Library, Tuesdays and Thursdays at 11 a.m.

• **TODDLER TALES** at the Wilton Public and Gregg Free Library (7 Forest Road, Wilton) Tuesdays at 10:30 a.m. Call 654-2581 or visit wiltonlibrarynh.org.

• **ULTIMATE PLAY DATE** at the Boys & Girls Club of Greater Nashua (47 Grand Ave., Nashua). Free drop-in program offered Tuesdays 10-11:30 a.m. Pre-registration suggested. Call 883-0523, ext. 215, or email FRC-NashuaPrograms@gmail.com.

CONTINUING EDUCATION

Open houses

• **UNH MASTER OF PUBLIC HEALTH INFORMATION SESSION** at UNH Manchester (400 Commercial St., Manchester) Tues., March 19, at 5 p.m. Meet current students, faculty and staff. To register, call 641-4101 or visit gradschool.unh.edu/manchester/php/gsmc_reg.php.

• **SIGN LANGUAGE INTERPRETATION OPEN HOUSE** at UNH Manchester (400 Commercial St., Manchester) Tues.,

March 26, 3-4:30 p.m. Learn about the school's four-year bachelor of arts degree in sign language in interpretation. Call 641-4150, email unhm.admissions@unh.edu or visit manchester.unh.edu/sli-openhouse.

• **AMERICAN COLLEGE OF HISTORY AND LEGAL STUDIES**, 1 Stiles Road, Salem, Wed., March 27, at 7 p.m. Learn about the school's history and writing courses and observe an American history class. RSVP by calling 458-5145 ext. 11 or email info@achls.org.

Adult education

• **GLOBAL TIPPING POINTS** at UNH Manchester (400 Commercial St., Manchester). Free lecture series 6-7:30 p.m. on Thurs., March 28. Topics include "How Much for Defense? National Security and Foreign Policy on a Budget," "Creating Change in a Changing World: Civil Society, Democracy and U.S. Foreign Policy," and "The Peninsula: Korea's Future." Call 314-7970.

• **PC SECURITY WORKSHOP** at the Hooksett Library (31 Mount Saint Mary's Way, Hooksett) Thurs., April 4, at 6:30 p.m. Learn techniques to keep your PC safe from spyware, viruses and other unwanted access. Call 485-6092 or visit hooksetlibrary.org.

• **WORKREADYNH CLASS** at Great Bay Community College (320 Corporate Drive, Portsmouth) meets Tuesdays and Thursdays, 5-9 p.m., through Thurs., March 28. The class is free and provides opportunities to receive two credentials for workplace success. To register, call 427-7636 or email workreadyg-bcc@ccsnh.edu. Visit greatbay.edu.

• **ADULT EDUCATION** classes offered by Nashua School District at Chuck Druding Drive, Nashua, 589-6416. Nashua Adult and Community Education offers courses for adults 18+ to earn credit toward a high school diploma, driver's education program and an enrichment program with classes in arts and crafts, cooking, language, engine repair, college planning, computers and more. Courses run at night. See nashua.edu.

• **CONCORD TV** Concord Community TV, at Concord High School, 170 Warren St., Concord, offers classes in studio production, introduction to camera and editing for Concord residents. Prerequisite is to attend an orientation, held on the first Thurs. of the month at 6 p.m. or by appointment. Visit yourconcordtv.org for a class schedule and call 226-8872 to sign up.

• **CITIZENSHIP CLASSES** are held at the Adult Learning Center, 4 Lake St., Nashua, 882-9080, ext. 201. Six-week courses prepare students for the citizenship test and aid with the citizenship application process.

• **CLASSES FOR LIFE** Concord High School's continuing education program offers computer courses, driver's education, a diploma program and youth classes. All classes held at Concord High School, 170 Warren St., Concord. Call 225-0804 or visit classesforlife.com for a list.

• **COMPUTER TRAINING** at Wilton Public and Gregg Free Library (7 Forest Road, Wilton). Training sessions are offered at no cost. Call 654-2581 or email billb@wiltonlibrarynh.org.

• **COMPUTER TUTOR** at Rye Public Library (581 Washington Road, Rye) Mondays, 9:30-11 a.m. Register for 20 minute sessions for your own specific computer needs. Call 964-8401.

• **COMPUTER TUTORIALS** at the Hollis Social Library (2 Monument Square, Hollis) on Mondays, 7-8 p.m., and Thursdays, 11 a.m.-noon. One on one sessions are available for most computer topics. Call 465-7721.

• **CREATIVE WRITING** at Trumpet Gallery (8 Grove St., Peterborough) on Tuesdays, 7-8:30 p.m. Learn writing techniques from Cynthia West, publisher of Monadnock Living Magazine. Admission is \$45 per class and prior registration is required. Call 924-9862.

• **FREE COLLEGE AND HIGH SCHOOL COURSES** on CD at Nashua Public Library, 2 Court St., Nashua, 589-4603. Nashua Public Library cardholders can borrow any of 33 full-length college and high-school courses on CD and DVD covering a wide range of subjects from religion to astronomy to poetry.



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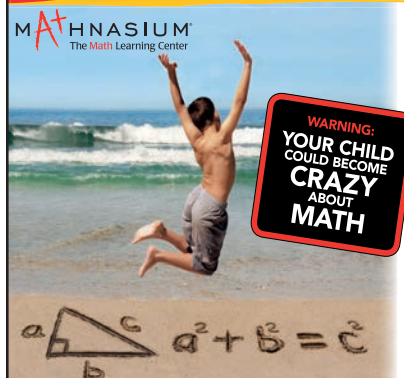
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Flowers in winter

Longwood Gardens worth the trip

By Henry Homeyer
listings@hippopress.com

I recently traveled to Pennsylvania to visit family, and while there I visited Longwood Gardens in Kennett Square (about 30 miles west of Philadelphia). It was a fabulous break from winter and a good chance to see flowers in bloom before the flower show season gets into full swing. From now through March 24 their four acres of glass conservatory are displaying more than 5,000 orchids — and much more.

I've been to many greenhouses over the past few decades, both here in the States and in Europe. Often I find them too hot and too humid, particularly if I'm dressed in winter clothing. The Longwood Garden conservatory seems to have figured out how to do it right. The greenhouses were built in the 1920s for Pierre du Pont (1870-1954), who, it would appear, had more money than he knew what to do with. So these greenhouses have very high ceilings, about 50 feet in places. That means that hot sticky air can accumulate near the ceiling, leaving us mortals on the ground with warm, pleasant air.

Walking into the main halls of the conservatory, one is greeted with a massive arrangement of potted orchids made to look like cut orchids in a huge vase. It was an arrangement of whites and yellows, two different kinds, standing in a shallow pool of water. Light poured in everywhere through the ceiling and walls. To your left, a lawn! That's right, a perfectly manicured lawn big enough to host a generous game of croquet! In this season, it was a refreshing sight.

I like the fact that all the plants are labeled (which is mostly true outside the conservatory too). I carry a notebook so

that I can research plants I like — not all are suitable for New England. I loved a yellow daisy-like plant with blue gray foliage, called Grey-leafed Euryops (*Euryops pectinatus*). Unfortunately, it is a South African shrub suited for California, or indoors, but not my garden.

I observed a euphorbia (*Euphorbia tirucalli*), Sticks on Fire, that I simply must find, and accept that it must stay in a pot that will allow me to bring it in during the winter. It has miniscule leaves, but the stems are yellow, progressing to red toward the tips of the plant. It is very dramatic and would be a nice houseplant. My 9-year-old grandson, George, collects succulents, and this would be a great addition to his collection.

Speaking of kids, Longwood Gardens is definitely child-friendly. In one section docents were handing out plastic-coated cards with plant pictures for a scavenger hunt for kids, and there is a nice water feature that will allow kids to get a little wet, but not soaked. And the moving squirts of water are definitely exciting. Docents are everywhere, and very helpful. One was showing children vanilla pods that were picked from a very long viney vanilla orchid (*Vanilla planifolia*), and allowing them to sniff the vanilla scent. The plant fascinated me — nearly 25 feet tall with fleshy green leaves, it had been in the conservatory only since 2010.

In that same room with the vanilla plant were examples of orchids of every hue, from bright red to purple to orange and yellow to white. I was amazed to see each in perfect condition, no spent blossoms or droopy leaves. Then I learned from the docent in the room that these potted orchids are changed out two to three times a week.

week and some are one day only. Classes are on arts, literature, history, personal finance and more. See online schedule.

- **YOUTHBUILD** is an education and training program in Manchester for learning construction skills and obtaining a GED. Students ages 18-24 may apply by calling 668-8010 or emailing bkeating@snhs.org.

Undergraduate & graduate classes/certificates

- **DANIEL WEBSTER COLLEGE** (20 University Drive, Nashua, 577-6510, dwc.edu) offers undergraduate degrees, certificates and an MBA program, as well as distance learning and other programs designed for non-traditional students.



Longwood Gardens. Photo by Henry Homeyer.

Only perfection is on display.

I like to learn from each garden I visit. One new growing trick that I liked involved using standard sheep fence to hold up flowers. But instead of running the fencing vertically, as is standard, three layers of fencing were stretched between cross bars horizontally. The first bar was about 2 feet off the ground, the next at 3 feet, and a top layer at 4 feet. Those supports were about 15 feet apart. This support system allowed floppy roses to grow through the 6-inch openings of the fencing, and to lean on the wires as needed — without being tied up. This would work well for any type of tall flower outdoors that might get beaten down by the rain.

Also of interest to me was a rose variety called Pink Cherokee that was planted in the conservatory in the 1920s when it was first built. The rose is a simple single rose that has climbed more than 20 feet up and blooms (in the greenhouse) in spring, sum-

mer and winter.

The greenhouses included many standard flowers besides the orchids: daffodils, tulips, freesias, oriental lilies (including a double one, Double Star, with twice the number of petals). I loved seeing some rare yellow clivia — I grow the standard orange one, a real workhorse of a house plant with glossy long strap-like leaves. The yellow one I had heard of but never seen.

For more information on the Longwood Gardens, go to www.longwoodgardens.org. Admission is \$18 for adults, \$15 for seniors (62+), and \$8 for students 5-18. If you are in Pennsylvania, the gardens are worthy of a visit in any season — the outdoor gardens in summer are fantastic.

Visit Henry Homeyer's new website, henryhomeyer.com to learn about his new kid's book, *Wobar and the Quest for the Magic Calumet*, or his gardening website, Gardening-Guy.com. 🍌

- **FREE ESL CLASSES** offered by Adult Learner Services of Greater Derry. Morning classes will be held Tuesday and Thursday, 9:30 a.m. to noon, at the Marion Gerrish Community Center, 39 W. Broadway, Derry. Evening classes will be held Tuesday and Thursday, 6:30-8:30 p.m. at Gilbert H. Hood Middle School, 5 Hood Road, Derry. Call 432-1907 for next session dates, or email rcatp@yahoo.com. See greaterderryliteracy.org.

- **FREE GED PREP CLASSES** offered by Adult Learner Services of Greater Derry, at the Marion Gerrish Community Center, 39 W. Broadway, Derry. \$20 cash book deposit is required for registration. Call 432-1907 for next session dates, or email rcatp@yahoo.com. See greaterderryliteracy.org.

- **LEARNING INSTITUTE OF NEW ENGLAND COLLEGE** offers non-credit, peer-led, peer-taught courses at a nominal fee to members, open to both retired and younger adults who enjoy learning for its own pleasure.

- **NASHUA ADULT LEARNING CENTER** (4 Lake St., Nashua, 882-9080, adultlearning-center.org) offers classes in basic adult education, GED preparation, ESOL classes, adult learner services, computer and job training, and community education.

- **OLLI COURSES** The Osher Lifelong Learning Institute provides classes, lectures and field trips for adults age 50+ through Granite State College, 513-1377, granite.edu. Membership costs \$40; costs vary for individual classes. Some classes are multi-

- **UNIVERSITY OF NEW HAMPSHIRE SCHOOL OF LAW** (2 White St., Concord, 228-1541, piercelaw.edu) offers JDs, graduate programs and masters/JD programs in different areas of the law and diploma certificate programs.

- **FRANKLIN PIERCE UNIVERSITY** (670 Commercial St., Suite 206, Manchester, 626-4972; 5 Chenell Drive, Concord, 228-1155; 73 Corporate Drive, Portsmouth, 433-2000; franklin-pierce.edu) offers undergraduate programs at its campus in Rindge and graduate degrees and certificates at its other New Hampshire campuses including Concord, Manchester and Portsmouth. The school also offers various degrees and certificates through its online programs.

- **GRANITE STATE COLLEGE** (228-3000, granite.edu) has four full-service regional centers in Concord, Claremont, Conway, Rochester and five academic sites (hosting classes and academic services on an appointment basis) in Berlin, Lebanon, Littleton, Manchester, Portsmouth. GSC offers associate's and bachelor's degrees in arts and science, a post-baccalaureate teacher certification, online classes, foster-parent training and the Gregg Public Safety Academy.

- **HESSER COLLEGE** (410 Amherst St., Nashua, 800-987-5112; 3 Sundial Ave., Manchester, 800-987-5112; 25 Hall St., Concord, 800-987-5112) offers classes, course programs and degrees in business, criminal justice, health care and more.

- **MANCHESTER COMMUNITY COLLEGE** (1066 Front St., Manchester, 668-6706, manchestercommunitycollege.edu) offers a variety of personal enrichment classes, as well as coursework for certificates and degrees. See schedule and prices online.

- **MIDDLESEX COMMUNITY COLLEGE** (33 Kearney Square, Lowell, Mass., 800-818-3434, middlesex.mass.edu) offers associate degree and certificate programs, online classes and corporate and community education and training.

- **NASHUA COMMUNITY COLLEGE** (505 Amherst St., Nashua, 882-7022, nashuacc.edu) offers a variety of classes for professional and educational or personal enrichment. See website for schedule and prices. The school

MULTICULTURAL MUSIC



Get immersed in the sounds of Ladino, the ancient Judeo-Spanish language, once commonly spoken among the Sephardic Jewish people. The Guy Mendilow Ensemble will perform at Temple Beth Abraham (4 Raymond St., Nashua) on Saturday, March 9, at 8 p.m., as part of the Boston Jewish Music Festival. The ensemble will perform "Tales From the Forgotten Kingdom," consisting of its own take on Ladino folk songs. To add to the multicultural aspect of the music, the group consists of Mendilow, an Israeli citizen, who has lived in South Africa in addition to Japanese, Palestinian and Irish musicians. Tickets are \$20 in advance and \$25 at the door. Call 1-800-838-3006 or visit bostonjewishmusicfestival.org.

offers online courses, associate degree and certificate programs along with business and industry training.

- **NH INSTITUTE OF ART** (148 Concord St., Manchester, 623-0313, nhia.edu) offers art degrees and certificates, BFA and more; classes and workshops offered in drawing, painting, jewelry, photography, ceramics, interior design, etc.

- **NHTI** (31 College Drive, Concord, 271-6484, nhti.edu) offers associate and certificate programs. Programs are concentrated in business, computers, education, engineering technology, health, human services, justice/legal studies, and liberal and visual arts. There is also a continuing education program. There are also fully online classes with distance learning classes.

- **ORTHOPAEDIC TECHNOLOGY PROGRAM** Concord's Community College, St. Joseph Hospital, Concord Hospital and other private orthopedic offices are offering a certificate program in Orthopaedic Technology to educate students in the care of orthopaedic patients. A one-year intensive educational component and a six-week, 240-hour externship is required. This program is offered through NHTI in Concord. Call 271-7159 or visit nhti.edu.

- **PLYMOUTH STATE UNIVERSITY** (17 High St., Plymouth, 535-0000, plymouth.edu) has a variety of undergraduate, graduate, professional studies, community and online programs

from its main campus. Its College of Graduate Studies programs take place at the Plymouth campus, at a graduate site at 2 Pillsbury St. in Concord and at off-campus locations including sites in Concord, Bedford, Durham, Exeter, Penacook and Portsmouth.

- **SOUTHERN NEW HAMPSHIRE UNIVERSITY** (2500 N. River Road, Manchester, 800-668-1249, www.snhu.edu) offers undergraduate, graduate and doctoral degrees and undergraduate and graduate-level certificate programs. Programs are offered in Manchester, Nashua, Salem, Portsmouth and Brunswick, Maine, as well as online.

- **SPRINGFIELD COLLEGE** (500 Commercial St., Manchester, 666-5700, springfieldcollege.edu) offers bachelor's, master's and executive master's degrees in human services, with an emphasis on health counseling. Bachelor's degree concentrations include addiction studies and early childhood education. Master's degree concentrations are available in mental health counseling and organizational management and leadership.

- **UMASS LOWELL** (1 University Ave., Lowell, Mass., 978-934-4000, uml.edu) offers graduate and undergraduate degrees, certificate programs, as well as a continuing education, online degrees and courses, and corporate training.

- **UNH MANCHESTER** (400 Commercial St., Manchester,

641-4101, manchester.unh.edu) offers undergraduate bachelor and associate degrees in arts and science and graduate degrees and certificates at the UNH Center for Graduate & Professional Studies (286 Commercial St., 4th floor, Manchester, 641-4313).

Professional development

- **THERAPEUTIC MUSIC COURSE** at Concord Hospital (250 Pleasant St., Concord) and the Concord Community Music School (23 Wall St., Concord) Sat., March 16, Sun., March 17, Sat., May 4, Sun., May 5, Sat., July 27, Sun., July 28, Sat., Oct. 12, Sun., Oct. 13, Fri., Dec. 6, Sat., Dec. 7, and Sun., Dec. 8. Become a certified music practitioner. Tuition is \$2,450. Call 227-7000, ext. 3867, or visit www.mhpt.org.

- **SUMMER CAMP SCHOLARSHIP** for high school students interested in sports medicine careers, offered through the New Hampshire Musculoskeletal Institute. The Letendre Student Athletic Training Summer School Scholarship provides funds toward sending students to an athletic training summer camp at Springfield College in Springfield, Mass., Sun., July 14-Thurs., July 18. Deadline to apply is Mon., April 1. Visit nhmi.net/scholarships.php.

- **MEDICAL OFFICE COURSES** weekly at the Office Technology Training Program in Nashua. Nashua Adult Learning Center, 882-9080, ext. 218, adultlearningcenter.org.

- **NURSING ASSISTANT PROGRAM** from the American Red Cross, Granite Chapter Office (2 Maitland St., Concord, 225-6697 or 1-800-464-6692), teaches students how to care for residents in long-term facilities/home/hospitals in a licensed nursing assistant eight-week program. Registration fee is \$50 and course tuition is \$1,200. Must be 16 years old; high school diploma or GED not required.

- **RECIPE FOR SUCCESS** culinary job training program at the NH Food Bank, Manchester, nhfoodbank.org, offers training and experience to unemployed and under-employed adults who wish to obtain jobs in the food service industry. Students earn 260 hours of commercial cooking and food safety skills, resume development and interview techniques. Contact 669-9725.

HEALTH & WELLNESS

Workshops & events

- **HEALTH & WELLNESS EXPO** at Maple Suites Independent Living (30 Holiday Drive, Dover) Sat., March 9, 10 a.m.-noon. There will be a variety of health and wellness screenings and vaccinations available.

BYOB - Ladies Nights Tues + Thurs 5-9pm
Bring your friends, snacks + drinks, 1/2 off studio fees!

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SUMMER DANCE CAMP 2013

Children's performing arts summer program featuring a variety of dance styles, including: **tap, jazz, lyrical, hip hop, ballet, tumbling, and musical theatre**. Other activities include: **arts and crafts, nature walks, scavenger hunts and field trips**.



Session 1: **June 24, 2013 to June 28, 2013**

Session 2: **July 22, 2013 to July 26, 2013**

Session 3: **July 29, 2013 to August 2, 2013**

MINI CAMP: Introduce your child to the dance camp setting. **Ages 4-5 • 9am-12pm**

RECREATIONAL CAMP: A variety of dance classes that include: ballet, tap, hip hop, lyrical and jazz. Also improvisations, musical theatre, hair and stage makeup, and arts and crafts. **Ages 5-10**

INTENSIVE CAMP: Designed for dancers expecting a challenge, who will take their learning experience seriously. Must be willing to accept critiques and corrections. **Ages 7-18**

Camp Hours: **9am-4pm**

Early drop off (7:30am) and late pick up (5:30pm) are available for a fee.

Call for details and registration.

Concord Dance Academy

26 Commercial St., Concord, NH 03301

(603) 226-0200 • cdaoffice@aol.com • concorddanceacademy.com

Riding the clutch can't always be avoided



Dear Tom and Ray:

My dad had a rule when we were growing up: "You can't drive any car until you learn to drive a stick shift." I have two brothers who had no problems learning, but boy did I give my dad a run for his money on that one. I just had a heck of a time getting the feel for it, although it didn't help to have him screaming "CLUTCH! CLUTCH!" and turning red while the car was shaking and we were weaving around on country roads.

Anyway, I finally got it, and I actually really enjoy driving a stick now, and I have never bought an automatic. My question is this: One of my dad's many, many rules of driving is "Foot off the clutch when you turn a corner."

And when he's with me and I'm driving, every time my foot is even near the clutch, my dad has to bark "Foot off the clutch, foot off the clutch!" I swear I hear it in my nightmares.

I recently moved back to my hometown, and my dad said, "I don't know what happened when you left town — you were a perfectly good driver, and now I have to re-teach you everything." He claims that by leaving my foot off the clutch when taking turns, I will extend the life of it. I

think he's full of it and likes to critique all aspects of my driving and find "faults." Please help! — Tesa

TOM: Well, your dad technically is correct, but he needs to switch to decaf.

RAY: There are times when you simply can't avoid using the clutch when you're turning a corner.

TOM: There are two parts of the clutch that tend to wear out, Tesa. The one you should be most concerned about is the clutch disc, which is the "gripping surface" that does the bulk of the work of transmitting power from the engine to the transmission. The way you can abuse the clutch disc and send it to an early grave is by riding the clutch — which means spending too much time with your foot in between "fully on" and "fully off" the clutch pedal.

RAY: The other part that sometimes wears out is called the clutch release bearing, which is a device that applies pressure in order to separate the clutch plates. You use that bearing every time you step on the clutch pedal. But it's very difficult to abuse your clutch release bearing unless you make a habit of sitting at stoplights for minutes on end with the clutch fully depressed. Or unless you drop your gym membership and start using your clutch pedal to do lightweight, high-rep leg exercises.

TOM: So Dad's being a little over-zealous here. Plus, sometimes you HAVE to push in the clutch when you're taking a corner. Let's say you're in second gear and you're making a left turn at a traffic light. He wants you to just stay in second and then accelerate out of the turn.

RAY: But what if leaving it in second

gear makes you go too fast through the turn? Or if traffic in front of you slows down? Then the right thing to do is push in the clutch. That allows you to slow down and control your speed, and then, when appropriate, either re-engage second gear or shift down into first.

TOM: So your dad's technically correct: Every time you step on the clutch pedal, you are wearing out your clutch release bearing a little bit. Just like you're wearing out your knee a little bit every time you walk. But is it worth worrying about, or yelling about? No.

Dear Tom and Ray:

I have a 2002 Subaru Impreza WRX wagon. Yesterday, while sitting in traffic, I noticed that my temperature gauge was all the way in the red. I glance at it occasionally (weekly), and this is the first time I've noticed a high temperature. I continued on to my destination, parked the car for about two hours, then drove the car home.

For the first three to five minutes, it was fine (below the middle mark), but then it slowly crept up, steadily but surely, to the RED HOT zone. It crept up there over the course of about 15-20 seconds. Any idea what would suddenly cause this? Thanks! — Travis

TOM: Maybe it's global warming, Travis.

RAY: Yeah, combined with a blown head gasket.

TOM: It's possible it was something cheap and simple, like a stuck thermostat. Notice I said "was" something cheap and simple. Because now it's probably complicated and expensive.

RAY: Because you kept driving, even when you knew the car was already overheating, you may have made it a lot worse.

TOM: If your original problem was a loose hose clamp, now it might be a blown head gasket or a cracked head.

RAY: So, what to do? Well, unless your mechanic is three minutes away or less, have the car towed to him, and ask him to take a look. He'll check for simple stuff first. If he doesn't see an external leak, he'll do a head gasket test and call you with his "I've got bad news for you" voice.

TOM: In the meantime, you can start working on your home equity loan application, just in case.

RAY: And next time, when you're tempted to "make it home, then figure out what's wrong," be aware that there are some circumstances when that approach will cost you thousands of dollars.

TOM: Two of those circumstances are when you see red idiot lights on your dashboard that say either "HOT" (or sometimes "COOLANT") or "OIL." When you see those, pull over, shut off the engine and call for help. Remember, Travis, they're called "idiot lights" for a reason.

Got a question about cars? Write to Click and Clack by visiting the Car Talk website at www.cartalk.com.

(c) 2013 by Tom and Ray Magliozzi and Doug Berman

Distributed by King Features Syndicate, Inc.

Admission is free. Call 742-8820.

• **THE NUTS AND BOLTS OF STARTING AN ALZHEIMER'S CAFE** at the Children's Museum of New Hampshire (6 Washington St., Dover) Tues., March 10, 9 a.m. to 1 p.m. This is an interactive workshop that will provide information on the concept of an Alzheimer's Cafe and how to start one. Admission is \$25 and will include lunch. Call 742-2002 or visit childrensmuseum.org.
• **NATURAL HEALTH AND HEALING WORKSHOP** at the Holistic Self Care Center (12 Murphy Drive, Nashua) Mon., March 11, 6:30-8 p.m. Learn about natural ways to improve your health and avoid illness. Admission is free. Call 883-1490, email info@thehsccenter.com or visit thehsccenter.com.
• **INTRODUCTION TO REIKI** at the Holistic Self Care Center (12 Murphy Drive, Nashua)

Tues., March 12, 7-9 p.m. Learn how Reiki can improve healing, balance and energy. Admission is free. Call 883-1490, email info@thehsccenter.com or visit thehsccenter.com.
• **LEAD HAZARD CONTROL PROGRAM** through the City of Manchester Housing Initiatives will be held Thurs., March 14, at The Way Home (214 Spruce St., Manchester) and Thurs., March 21, at the Manchester Community Resource Center (177 Lake Ave., Manchester) from 9 a.m.-noon. Get help with applications and learn more about the Lead Program. Call 623-9060.
• **REFRESH AND RENEW** at the Cardea Center for Well-being (390 Portsmouth Ave., Greenland) Thursdays, March 14 through April 4, 7-9 p.m. The series will feature speakers discussing ways to improve physical, mental and emotional health to start to the spring. Admission

is \$25 per evening or \$79 for the full series. Registration is required. Call 433-2023 or visit cardea.ticketbud.com.
• **IMPACT CONCUSSION TESTING** at St. Joseph Hospital (172 Kinsley St., Nashua) Mon., March 18, 6-7 p.m. Athletes 11 and older can receive ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) to create a baseline reading of reaction time, memory and other functions affected by concussions. Then, when a concussion is suspected, the same tests can be applied to determine the athlete's recovery. The baseline test is \$10. Call 595-3168 or visit stjosephhospital.com to register.
• **ATTUNEMENT BASICS** at the Women Supporting Women Center (111 Water St., Second Floor, Exeter) Tues., March 19 & 26, 9:30 a.m.-12:30 p.m. Learn the fundamentals of the healing process of attunement. Admis-

sion varies from \$73 to \$95. Call 772-0799 or visit wswwcenter.com.
• **DIGESTION AND PROBIOTICS** at the Concord City Council Chambers (37 Green St., Concord) Tues., April 23, 6:30-7:30 p.m. Learn about the importance of digestive health. Admission is free. To register, call 225-6840 or visit concordfoodcoop.coop/classes.php.
• **FOOD SENSITIVITIES & YOUR HEALTH** at the Fire Department HQ Training Room (24 Horseshoe Pond Lane, Concord) Tues., May 21, 6:30-7:30 p.m. Learn about food sensitivities and ways to treat them. Admission is free. To register, call 225-6840 or visit concordfoodcoop.coop/classes.php.
• **DIY NATURAL BODY CREAM AND LIP BALM** at the Fire Department HQ Training Room (24 Horseshoe Pond Lane, Concord) Thurs., June 6, 6:30-7:30 p.m. Create and bring home natural

body cream and lip balm. Admission is a \$5 materials fee. To register, call 225-6840 or visit concordfoodcoop.coop/classes.php.
• **BROWN BAG LUNCH** at the Women Supporting Women Center (111 Water St., Exeter) on the second Thursday of each month, noon-1 p.m. Meet new people and have conversations during the day. Prior registration is required. Call 772-0799, email info@wswwcenter.com or visit www.wswwcenter.com.
• **HYPNOSIS FOR WEIGHT LOSS** every Wednesday at 10:30 a.m., 1 and 7 p.m. at the New You Center For Hypnosis (3 Webb Place, Suite 4, Dover). Price varies. Each participant will also receive a "home hypnosis session" on CD. Call 749-MIND. No walk-ins.
• **NEW THOUGHT CIRCLE** each Thursday at the Women Supporting Women Center (111 Water St., Exeter), 9:30-11 a.m.

Learn about new universal spiritual concepts with the Rev. Claire Houston. Admission is \$10. Call 772-0799, email info@wswwcenter.com or visit www.wswwcenter.com.

Blood drives

• **AMERICAN RED CROSS BLOOD DRIVES** Call 1-800-RED-CROSS or visit www.redcrossblood.org for dates, times, locations and to schedule an appointment.

Exercise/Fitness

• **WALKING PROGRAM** offered through the Nashua Parks and Recreation Department, Mon., April 8 to Wed., July 31, at 9 a.m. Monday walks meet at the Whipple Street entrance to Mine Falls. Wednesday walks meet at the Lincoln Park entrance to Mine Falls. Friday walks meet at the Gilson Road parking lot of the Nashua River Rail Trail. Call Tom at 589-3370.

• **CARDIO BOOTCAMP RHT** Martial Arts, 68 N. Stark Hwy., Weare, 529-5425, nhkick.com.

• **DYNAMIC STRENGTH AND FITNESS** 115 Northeastern Blvd., Nashua, 882-2348. Visit DynamicSC.com for more information.

• **FIT IT IN FITNESS** (4 Townsend West, Nashua, 589-9747, fititntraining.com) offers coaching for groups or individuals and nutrition information.

• **FIT TO BE TONED** (200 Elm St., Manchester, 505-0042, fittobetoned.com) offers a boot camp class on Mondays, Wednesdays and Fridays at 6 a.m. It incorporates kickboxing into a fitness routine including core training, squats, lunges and leg conditioning.

• **FITNESS HIKING** at Beaver Brook Association (117 Ridge Road, Hollis), Mondays and Fridays, 9-11 a.m., through May. Participants should be in good condition. Cost is \$5. Call 465-7787 or visit www.beaverbrook.org.

• **GET FIT NH BOOT CAMP** has two studios, 167 New Orchard Road, Epsom, and 287 S. Main St., Concord. Offers classes Mondays, Tuesday, Thursdays and Fridays, including ladies-only classes. Sessions run for four consecutive weeks. To receive a free two-week tryout, email getfitnh@gmail.com or call 344-2651 to reserve your spot, as space is limited. Visit getfitnh-bootcamp.com.

• **GENTLE NIA** The Holistic Self Care Center, 12 Murphy Drive, Nashua, Mondays from 5:15-6 p.m. Nia is a sensory-based movement lifestyle that leads to health, wellness and fitness and draws from disciplines of the martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. To sign up, call 883-1490, email info@thehscenter.com, or go to thehscenter.com.

• **HULA HOOP FITNESS CLASS** at Studio 550 Art Center (550 Elm St., Manchester) Fridays, 6-7 p.m. Learn different tricks and techniques with a hula hoop. Drop in rate \$15. Call 232-5597 or visit 550arts.com.

• **JAZZERCISE** at the Manchester Jazzercise Fitness Center (32 Hayward St., Manchester, 624-9122, manchjazz.com) features 42 classes per week, including Jazz Lite (pact), body sculpting and express classes (1/2 hour).

• **JAZZERCISE** the Southern NH Jazzercise at 28 Lowell Road, Hudson, offers 33 weekly classes in Jazzercise and body sculpting. Contact Cindy Robinson at 880-0887 or cindyjazz1@comcast.net. For other locations, go to jazzercise.com or call 800-FIT-IS-IT.

• **LOW IMPACT AEROBICS** at St. Joseph Hospital (172 Kinsley St., Nashua) every Monday and Thursday, 5-6 p.m., through April 25. This aerobic style keeps at least one foot on the ground at all times and helps improve circulation and heart and bone health. Cost is \$55. Call 595-3168 or visit stjosephhospital.com.

• **NLP ELITE ATHLETE DEVELOPMENT PROGRAM** Next Level Performance (31 S. Commercial St., Manchester, nlp speed.com) Offers classes strength, speed, agility, flexibility and injury prevention for athletes ages 11 and older on Mon., Wed., Thurs. and Fri. Call 627-7500.

• **NLP FITNESS BOOTCAMP** Next Level Performance (31 S. Commercial St., Manchester, nlpfitcamp.com) offers specific fitness instruction, nutritional coaching and training for improved quality of life. Thirty classes a week. Call 627-7500 for class times and dates.

• **OUTDOOR FITNESS BOOT CAMP** (fitnessonwheels.com, 234-9669) Fitness on Wheels at the Goddard School, 12 Tsieneto Road, Derry. Email tricia@fitnessonwheels.com for session dates and times.

• **ON THE MOVE FITNESS & CONDITIONING** (289-3088, onthefitnet.net) offers an Extreme Fitness Boot Camp, a Women's Fitness Boot Camp, Boot Camp Basic and Team Fitness Boot Camp.

• **PERFECTFIT** (perfectfitonline.com, 641-8297) fitness consultant and personal fitness trainer Dave Soucy offers small group classes featuring circuit training with full-body movements.

• **PILATES MAT** at Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Tuesdays, 7-8 p.m., and Thursdays, 7-8 p.m. and 9:30-10:30 a.m. Learn the fundamentals of the Pilates technique as taught by founder Joseph Pilates. Drop-in fee is \$15.

• **CONCORD PILATES** (2 Pillsbury St., Suite 302, Concord, 369-0550, ConcordPilates.com) classes are Monday at 5 p.m., Tuesday at 6:30 p.m., Wednesday at 9 a.m., Thursday at 5:30 p.m. and Saturday at 10 a.m. First week costs \$20.

• **PILATES** by Deerfield Parks and Rec., Studio 59 at the George B. White Building, 8 Raymond Road, on Wed. and Fri. at 10 a.m. Visit townofdeerfieldnh.com or email dfldparks@townofdeerfield.com or call 463-8811, ext. 305.

• **PILATES** Martial Arts, 68 N. Stark Hwy., Weare. Call 529-5425.

• **PILATES NH** and Yoga, 76 Route 101A, Amherst. Classes will be held Tuesdays 6-7 p.m. and Mondays 8:15-9:15 a.m. To register call 562-7525.

LAWN LESSONS

The snow will be melted off your lawn soon and it will be time to start lawn care season. Learn about natural ways to keep it green at Organic Lawn Care 101 at the Hooksett Library (31 Mount St. Mary's Way, Hooksett). Brittany Phillips of Stone Blossom Landscape & Design will lead the presentation on Thursday, March 14, at 6:30 p.m., and said she keeps the lawn care solutions practical so everyone can use them when spring comes. Pictured: Organic lawn care by Stone Blossom. Courtesy photo.

• **RTH MARTIAL ARTS AND WELLNESS**, 68 N. Stark Hwy., Weare, 529-5425, offers health and wellness classes including zumba, yoga, pilates, yang tai chi chuan and more. Go to nhkick.com.

• **SAGE WELLNESS CENTER AND SPA**, 175 Barnstead Road, Pittsfield, offers massage therapy, yoga, pilates and other health and wellness techniques. Call 435-7711 or visit www.sagewellness-centerandspa.com.

• **STRAFFORD COUNTY YMCA** fitness classes including kickboxing, cardio combo and conditioning combo, at Strafford County YMCA, 63 Lowell St., Rochester. Contact Brent Diesel at 332-7334 or bdiesel@gmfymca.org.

• **STRENGTH AND CONDITIONING CLASS** at St. Joseph Hospital (172 Kinsley St., Nashua) meets Tuesdays through April 2, 5:45-6:45 p.m. A six-week session costs \$50. Burn fat and improve upper and lower body strength. Call 595-3168 or visit stjosephhospital.com/classes.

• **SYMMETRY PILATES CENTER** offers classes including Pilates core mat, Pilates total fitness reformer, TRX functional strength and core stability barre. Services include Thai yoga relaxation. The center is located at 188 Route 101, Bedford. Visit symmetrypilatescenter.com.

• **TOTAL IMAGE PERSONAL TRAINING**, 83 Hanover St., Fourth Floor, Manchester, offers TI Surf among other fitness programs for adults and children. TI

Surf will use SurfSet Fitness. Call 860-6275 or visit www.totalimagept.com.

• **TRADITIONAL NIA** The Holistic Self Care Center, 12 Murphy Drive, Nashua, Mondays from 6 to 7 p.m. Nia is a sensory-based movement lifestyle that leads to health, wellness and fitness and draws from disciplines of the martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. To sign up, call 883-1490, email info@thehscenter.com, or go to thehscenter.com.

• **TRAINING EFFECTS NH** (434-9281, trainingeffectsnh.com) in Londonderry offers group boot camp program to promote cardiovascular fitness, muscular endurance, flexibility and balance. Meets Friday at 9:30 a.m.

• **WELLNESS CENTER CLASSES** WellSpace New Hampshire, 633 Maple St., Hopkinton. Offering fitness classes of all levels, tai chi for arthritis and qigong, strength training, boot camp, yoga, personal training, mindful meditation, children's dance classes and nutrition & weight loss programs. Call Jane Sullivan-Durand, MD, founder of WellSpace NH, at 746-4626 or Ami Sarasvati at amisarasvati@yahoo.com.

• **YMCA** of Greater Manchester offers a wide variety of fitness classes. Visit manchesterymca.org or call 623-3558.

• **ZUMBA** Mon. and Thurs. at 5:30 p.m., Tues. at 5:45 p.m., first class free, at Royal Palace Dance Studio, 167 Elm St., Manchester, RoyalPalaceDance.com.

• **ZUMBA** McConnell Center Gym in Dover offers classes every Wed. 7-8 p.m., Sat. 9-10 a.m. and Sun. 10-11 a.m. A 6-week session costs \$30 for Dover residents (\$35 for non-residents). Drop-ins are also welcome. New classes start every 6 to 7 weeks. Zumba is a fun and easy dance-fitness program designed for people of all ages and levels of fitness. Contact the Dover Rec Center at 516-6401 or the instructor, Diana Post, at 969-6413.

• **ZUMBA** at Kaleo Coffee, 83 Main St., Dover, 343-4139, every Tuesday at 5:30 p.m. Diana Post is the instructor for this weekly class. Drop-in fee is \$5 per person.

• **ZUMBA** at Studio 550 (550 Elm St., Manchester) Mondays, 5:30-6:30 p.m. Call 232-5597 or visit 550arts.com.

• **ZUMBA FITNESS DANCE CLASSES** at Queen City Ballroom (21 Dow St., Manchester) on Mondays, 6:30-7:30 p.m., and Thursdays, 6:15-7:15 p.m. For all fitness and experience levels. Prior registration is not required. Call 545-2708 for Monday information, 341-2514 for Thursday information.

• **ZUMBA GOLD** with Ginger Kozlowski on Tuesdays, Wednesdays and Thursdays, 6-6:45 p.m. Tuesday classes at the old Bedford Town Hall (3 Meetinghouse Road, Bedford), Wednesday at Hooksett Town Hall (35 Main St., Hooksett) and Thursday at Mill-A-Round Dance Center (250 Commercial St., Manchester). Classes cost \$7 at the door, with the first class free. Email apljacker@gmail.com or visit gingerk.zumba.com.

First aid

• **FIRST AID & SAFETY CLASSES** from the Granite Chapter of the Red Cross, serving the Concord, Lakes and Hanover region. Classes are in general first aid, emergency response and becoming a Red Cross instructor. Go to concord-redcross.org or call 225-6697.

• **HEALTH & SAFETY** classes from NH Gateway Chapter of Red Cross (28 Concord St., Nashua, 889-6664, nashua.redcross.org). Classes include first aid, automated external defibrillator, adult CPR, infant or child CPR, professional rescuer CPR/AED, sport safety training and more.

• **SAFETY TRAINING** Greater Manchester Chapter of the American Red Cross (1800 Elm St., Manchester, 624-4307, nhredcross.org) offers courses on lifeguarding, CPR for adults and children as well as for professional certifications, defibrillator training and HIV/AIDS workshops. Courses are ongoing. Prices and times vary.

Screenings

• **BLOOD PRESSURE** screenings free from parish nurses in Nashua. Drop in Mon., Wed., Fri., between 9 a.m. and noon at Milette Manor, 72 Vine St., Nashua, 598-2424, stjosephhospital.com.

• **BLOOD PRESSURE AND NURSE CONSULTS** in various faith communities throughout greater Manchester. Call the Catholic Medical Center's Parish Nurse Program at 663-8004.

• **BLOOD PRESSURE CLINIC** at the Center for Health Promotion (49 S. Main St., Suite 217, Concord) on the first Wednesday of the month, 11 a.m.-noon. Admission is free. Call 230-7300.

• **BLOOD PRESSURE SCREENINGS** Catholic Medical Center's Prime Time Program will offer a free screening on Thursdays from 9 to 11 a.m. at the Mill West Building, 195 McGregor St., Suite LL22, Manchester. Walk-ins are welcome and other times are available by appointment. Call 663-6333.

• **BLOOD PRESSURE SCREENING** every Wed. 9-11 a.m. at Southern NH Medical Center. No appointment needed; walk-ins welcome. Call 577-2002.

• **BREAST AND CERVICAL CANCER** screenings at St. Joseph Hospital. Free for women age 18-64 that do not have health insurance and fall within necessary income guidelines. Call 882-3000, ext. 67188, for appointment.

• **HEARING** screenings second Wed. of each month from 9 a.m. to noon at the Roger Dionne MD Senior Center at St. Joseph Hospital. Free. To register, call 595-3722.

• **HEARING LOSS SCREENING** with the Avada Hearing Care Center of Merrimack on Wednesdays, 9 a.m. to noon. Free. Register early, as space is limited. To register call Community Health Education at St. Joseph Hospital at 595-3722.

• **HEARING SCREENING** at Southern NH Medical Center. Certified audiologists from Southern NH Rehabilitation Center conduct free hearing screenings, open to anyone who has not had a hearing screening in the past year or who does not have a hearing aid(s). Specify your date choice in the comment field when applying online at snhmc.org or call Healthmatch at 577-2255.

• **HIV/STD CLINIC** at the Nashua Division of Public Health & Community Services on Mondays 1-3 p.m. and Thursdays 5-7 p.m. Suggested fee is \$25.

• **IMMUNIZATION CLINIC** at the Manchester Health Community Health Division on Mondays

Bienvenue a New Hampshire

Celebrate French heritage in March

By Cory Francer
cfrancer@hippopress.com

For about 13 years, L’Eclectique Coterie of Nashua has met two Tuesdays a month for a morning of French conversation over coffee. But decades removed from the cozy cafe, the language was once spoken throughout Nashua and Manchester in the millyards, homes, restaurants and schools.

To celebrate the international month of the Francophonie, members of L’Eclectique Coterie, the Club Richelieu chapters in Nashua and Manchester and other community members with French and French-Canadian heritage have planned a month of art, music, food and film that honors the culture that helped shape the region.

“It’s like a touch of Europe in the middle of the city,” said Georgi Hippauf, a member of the coterie. “It’s a great opportunity for Francophones and Francophiles to come and have their senses awakened and come alive. It’s like a revival and renaissance of the French culture.”

The Nashua Francophonie program began three years ago when Dominique Boutaud, an artist from Nice, moved to Nashua.

from 1:30 to 3:30 p.m., Tuesdays and Wednesdays from 9 to 11:30 a.m. and Thursdays from 3 to 6 p.m. Immunizations are provided free of charge for children up to the age of 18. Some adult vaccines are available. Call 624-6466 for info. Bring a copy of your most current immunization record.

- **IMMUNIZATIONS** at the Nashua Division of Public Health & Community Services on Tuesdays from 4 to 7 p.m. and Fridays from 8:30 to 10:30 a.m. Cost is \$10.
- **LEAD SCREENINGS** at the Manchester Health Community Health Division, Monday through Friday, from 8 a.m. to 5 p.m. All Manchester children should receive a lead screening at 1 and 2 years of age. Older children, ages 36 to 72 months, who have not been screened previously should also receive a lead screening. Call 624-6466 to schedule an appointment.
- **MONTHLY PODIATRY CLINIC** Physicians from Nashua Podiatry Associates will

see patients during their free monthly podiatry clinic at The Roger Dionne Senior Center at St. Joseph Hospital. This clinic is for the evaluation, diagnosis and treatment of the lower extremities and provides treatment for common foot problems, conditions associated with diabetes and other vascular diseases. Appointments are scheduled for third Tuesday of every month. Call 595-3722 to make an appointment.

- **TUBERCULOSIS SCREENINGS** at the Manchester Health Community Health Division on Mondays, Tuesdays, Wednesdays and Fridays from 8 a.m. to 4:30 p.m. Clients must return within 48-72 hours after the test is done in order to have the test read. Cost is \$10.
- **VNA BLOOD PRESSURE SCREENINGS** on Mondays at the Elliot Senior Health Center (136 Webster St., Manchester). No registration required. For more information and screening times, call Elliot On-Call at 663-4567.

Originally, Boutaud would invite the community to her studio for a celebration of French artwork and culture. But as word of the event spread, she ran out of room. Last year, Francophonie was celebrated with a week of events in March; this year it has blossomed into a three-week event, extending beyond Nashua and the art world.

Boutaud said when she arrived in Nashua, she was thrilled to become a part of a community where her native language and culture was such an important part of the city’s history.

“It’s wonderful because the community can live together and have much of the same history,” Boutaud said. “Doing Francophonie brings back nice times.”

An artists’ reception featuring Boutaud’s work and that of other artists with French backgrounds, including artists from Haiti, will open the festival on Friday, March 8, at Indian Head Plaza in Nashua. Hippauf said other events she is excited for during Francophonie include a French film at the Nashua Public Library on Tuesday, March 12, a day celebrating the French history of Manchester on Saturday, March 16, and French- and French-Canadian-inspired cuisine at Chez Vachon in Man-

Francophonie

When: Friday, March 8, through Saturday, March 23.

Where: Locations throughout Greater Nashua and Manchester

Contact: For a full list of events, visit franco-newengland.org.

chester and The Cozy Tea Cart in Brookline.

Hippauf will also lead a portion of the event that will demonstrate one of her own contributions to Nashua’s French culture. On Friday, March 15, Hippauf will lead a 1 p.m. visit to the Parc de la Renaissance française. About 10 years ago, Hippauf spearheaded an initiative to bring a sculpture to the park in downtown Nashua representing the city’s French heritage.

Hippauf said she will discuss the sculpture, in English titled “The Lady of the French Renaissance,” and the story of how it came to Nashua. Though she said the statue is a permanent tribute to the Franco-American culture that has flourished for so long in the state, it’s exciting to join in with the rest of the world’s French-speaking population for Francophonie.



Eiffel Tower by Ken Harvey will be on display during Francophonie. French inspired art and culture will be celebrated throughout the event. Courtesy photo.

“At this particular time when the whole world is celebrating French culture, we come out and light up the city with what was

one time very much the heart of the Merrimack Valley,” she said.

- **WALK-IN HIV/STD CLINIC** at the Manchester Health Community Health Division on Mondays and Wednesdays from 5 to 6:30 p.m. Scheduled appointments are available Monday, 4-5 p.m., and Wednesday, 3-5 p.m. Individuals interested in testing only should use walk-in hours. Suggested fee is \$20. To schedule an appointment, call 624-6466.

MARKETING & BUSINESS

Networking

- **BEST OF BUSINESS AWARDS PARTY** at the Grappone Conference Center (70 Constitution Ave., Concord) Thurs., March 7, 5:30-8 p.m. The event will celebrate New Hampshire business and will have a 70s theme. Tickets are \$25. Call 413-5113 or visit bobawardsnh.com.
- **MONTHLY BROWN BAG LUNCH** held by Women Supporting Women at 111 Water St., Suite 2, Exeter, on the 2nd Thursday of the month, noon-1 p.m. Register by emailing info@wswwcenter.com, calling 772-0799 or visiting wswwcenter.com.

- **BUSINESS AFTER HOURS** hosted monthly by the Peterborough Chamber of Commerce. Call 924-7234 for dates and locations.
- **CONCORD YOUNG PROFESSIONALS NETWORK** personal development initiative of the Greater Concord Chamber of Commerce that offers networking, community involvement and social opportunities. Once a month, CYPN holds networking and enrichment events at Concord venues where young professionals of all ages (generally 22-40s) can interact socially, build a contact base and exchange ideas. Visit concordypn.org or call the chamber at 224-2508.
- **GOLD STAR REFERRAL CLUB** offers businesses and professionals the opportunity to attend meetings Tuesdays, 11:45 a.m. to 1 p.m., at the East Point Executive Center (99 Pine Hill Road, Nashua). Meetings open to any business or professional, and reservations are not required. Gold Star Referral Clubs establish

system for generating, passing and increasing flow of qualified referrals to member businesses. Call Diana Pinkham at 489-8671 or email diana@goldstarclubs.com.

- **INTERNATIONAL ASSOCIATION OF ADMINISTRATIVE PROFESSIONALS** Profile Chapter meets the first Wednesday of the month (Sept. through June) from 6 to 8 p.m. Meetings include networking, a light dinner, an educational program and a business meeting. Guests can attend the first two meetings for free; the meal is optional. An RSVP is appreciated for planning purposes. See profile-iaap.org.
- **MANCHESTER YOUNG PROFESSIONALS NETWORK** holds social and business events monthly. Visit mynp.org or call 942-2485.
- **NATIONAL ASSOCIATION OF PROFESSIONAL ORGANIZERS** holds monthly meetings on third Tuesday of each month except July, 6-8 p.m. at Brady-Sullivan Tower, 1750 Elm St.,

Manchester. No charge for members; \$10 charge for guests.

- **ONE MORE REFERRAL** is a business networking group. The Dover chapter meets on the first and third Thursdays of each month at Café on the Corner.
- **START-UP ABI HUB MEET-UP GROUP** is organized by the people at abi Innovation Hub and is a group for entrepreneurs and professionals to gather for lunch, free wi-fi and to chat about what’s new. Entrepreneurial, innovative and creative communities around Manchester are welcome to join Wednesdays at noon in the lobby of abi. Contact Jamie Coughlin at jamie@abihub.org.

Workshops

- **THE HUMAN SIDE OF SUPERVISING** at the Concord Hospital Center for Health Promotion (49 S. Main St., Suite 201, Concord) Tues., March 12, 7:45-8:50 a.m. Mark Brown, the director of corporate potential at the Grappone Automotive Group, will discuss the importance of emotional intelligence in manag-

HEAL YOURSELF

Learn the methods of the ancient healing technique reiki. Visit the Holistic Self Care Center (12 Murphy Drive, Nashua) on Tuesday, March 12, from 7 to 9 p.m., for a free introduction. Explore energy flow and learn about using reiki to improve balance and healing in body, mind and spirit. Call 883-1490 or visit thehscenter.com. Pictured: Reiki at the Holistic Self Care Center. Courtesy photo.

ing. Admission is free, but registration is recommended. Call 230-7300.

• **SAFE PARKS AND PLAYING FIELDS** at the Holiday Inn (2280 Brown Ave., Manchester) Thurs., March 21, 8:30 a.m. to 2:15 p.m. Learn ways to reduce the use of pesticides in caring for turf at parks and playing fields. Admission is \$75. Visit nafa-nh.org.

• **YOUR BUSINESS: SMOKE-FREE** at the Concord Hospital Center for Health Promotion (49 S. Main St., Suite 201, Concord) Wed., April 10, 7:45 a.m.-8:50 a.m. Diane Masters, a health educator at the Center for Health Promotion, will discuss transitioning to a smoke-free workplace. Admission is free, but registration is recommended. Call 230-7300.

• **RAISING ERGONOMIC AWARENESS AND IDENTIFYING RED FLAGS** at the Center for Health Promotion (49 S. Main St., Concord) Thurs., May 9, 7:45-9 a.m. Learn how to make adaptations to your workplace for avoiding injury. Maureen Judge, OT, a certified ergonomic specialist at Concord Hospital, will lead the presentation. Admission is free. Call 230-7300 to register.

• **LOCAL EXPERT SERIES** at the Dover Chamber of Commerce (550 Central Ave., Dover), on the fourth Wednesday of each month, noon-1:30 p.m. Learn about business topics from a local member of the Chamber. Admission is \$10.

MISCELLANEOUS Fundraisers/auctions

• **WINNI DIP FUNDRAISER** at The Margate Resort (76 Lake St., Laconia) Sun., March 10, with check in beginning at 9 a.m. Local officials and residents will jump in Lake Winnepesaukee after raising money to benefit the Special Olympics. Visit sonh.org.

• **TASTE OF THE TOWNS** at the Radisson Hotel (11 Tara

Bldv., Nashua) Fri., March 15, 6-10 p.m. Sample food from local restaurants and international wines. Auction items will also be available. Admission is \$65 and is donated to the Nashua Center, providing assistance to local residents with disabilities. Call 883-6163.

• **JANUARY JAUNT FOR JAYME'S FUND** at 22 Farley Road, Hollis, on Sat., March 16, from 9 a.m. to 1 p.m. This event was postponed from an earlier date. Participants will raise money for Jayme's Fund, which supports human rights for children, and take part in a snowshoe hike. Visit jaymesfund.org.

• **CORNERED BEEF AND CABBAGE MEAL** at the Brookside Congregational Church (2013 Elm St., Manchester) Sun., March 17, 11:30 a.m.-2 p.m. Hosted by the Brookside High School Youth Group, proceeds will benefit the group's upcoming mission trip. Admission is \$8. Visit brooksidecc.org.

• **AG DAY** at Statehouse Plaza (25 Capitol St., Concord) Tues., March 19, 11 a.m.-1 p.m. Celebrate all things agriculture and NH farmers. Visit nofanh.org.

• **TRIVIA NIGHT** at Amherst Country Club (72 Ponemah Road, Amherst) Thurs., March 28, at 7 p.m. Teams must consist of 8-10 adults older than 21 and the winning team will be given a \$100 cash prize. Registration and payment of \$10 per player is due by Fri., March 15. Proceeds benefit the Friends of Amherst Town Library program fund. Call 667-3160.

• **CONCORD FAMILY YMCA SPRING SOCIAL - IN GOOD SPIRITS** at the Capitol Center for the Arts (44 S. Main St., Concord) Fri., March 29, 5:30-7:30 p.m. Fundraising event includes beer and wine tastings, auctions, and a Top Chef Cook Off. Tickets are \$35. Call 228-9622 ext. 127.

• **NIGHT OF 1,000 PUPPETS** at Mariposa Museum (26 Main St., Peterborough) Sat., March 30, at

7 p.m. Thirty five artists will feature puppets they have designed in a silent auction that begins on Sat., March 16. Call 924-4555 or visit mariposamuseum.org.

• **EARTH DAY BARN SALE** at Maple Hill Farm (117 Ridge Road, Hollis) Sat., April 20, 8 a.m.-2 p.m. Donations will be accepted on Sun., April 14, 3-5 p.m., Monday-Thursday, April 15-18, 5-7 p.m. Call 465-7787 or visit beaverbrook.org.

Expos/festivals/fairs

• **BOSTON JEWISH MUSIC FESTIVAL** at Temple Beth Abraham (4 Raymond St., Nashua) on Sat., March 9, at 8 p.m. Tickets \$20 in advance or \$25 at the door. Call 800-838-3006 or visit bostonjewishmusicfestival.org.

• **SPRING CRAFT AND SPECIALTY FOOD FAIR** at Rockingham Park Race Track (Rockingham Park Blvd., Salem) Fri., March 22, 10 a.m.-5 p.m.; Sat., March 23, 10 a.m. to 5 p.m., and Sun., March 24, 10 a.m. to 4 p.m. Visit castleberryfairs.com.

• **BUNNY'S HELPER CRAFT FAIR** at Kalily Studio (22 Huckins Road, Epsom) Sun., March 24, 1-6 p.m. Meet with local artisans and crafters selling items for Easter. Call 783-6065 or visit kalilystudio.com.

• **MIDWEEK ANTIQUES SHOW** at the Everett Arena (15 Loudon Road, Concord) Wed., Aug. 7, 8 a.m.-6 p.m., and Thurs., Aug. 8, 11 a.m.-4 p.m. Hosted by Barn Star Productions, check out a variety of antique dealers. Call 845-876-0616 or visit barnstar.com.

• **PICKERS MARKET ANTIQUES SHOW** at the Everett Arena (15 Loudon Road, Concord) Fri., Aug. 9, 10 a.m.-5 p.m. Hosted by Barn Star Productions, check out distributors with pieces from the 18th, 19th and early 20th century. Visit barnstar.com.

Other

• **NEW HAMPSHIRE FRANCOFONIE PROGRAM** through Sat., March 23, will feature art exhibits, wine tasting, language classes and other events celebrating French heritage in NH. For a full list of events, visit franco-newengland.org.

• **PUBLIC HEARINGS ON THE LAND AND COMMUNITY HERITAGE INVESTMENT PROGRAM** on Thurs., March 7, 4-7 p.m., at Representatives Hall in Concord, on Mon., March 11, 5-8 p.m., at Nashua Community College (505 Amherst St., Nashua) and Mon., March 18, 5-8:30 p.m., at the Rochester Community Center (150 Wakefield St., Rochester). Visit nhpreservation.org.

• **MAKING IN-LAWS INTO FAMILY** at Nashua Public Library (2 Court St., Nashua)



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Thurs., March 7, at 7 p.m. Dr. Ruth Nemzoff will be at the library to discuss her book *Don't Roll Your Eyes: Making In-Laws Into Family*. Learn methods of handling friction between new family members. Copies of the book will be available for purchase and signing. Registration is not required. Call 589-4610 or visit nashualibrary.org.

• **PAKISTAN AND AFGHANISTAN PRESENTATION** at the Amherst Town Library (14 Main St., Amherst) Thurs., March 7, at 7 p.m. Dr. Stephen Young, a former department of geography chair at Salem State University, will discuss American involvement in both countries. Admission is free, but prior registration is required. Call 673-2288, email library@amherst.lib.nh.us or visit amherst.lib.nh.us.

• **ABRAHAM'S PATH: THE WALK TO PEACE** at the Mariposa Museum (26 Main St., Peterborough) Fri., March 8, at 7 p.m. Dr. Joshua Weiss of the Harvard University Global Negotiation Initiative will lead a presentation on Abraham's Path, a walking route through 10 Middle East nations aimed to unite Jews, Muslims and Christians through tracing their heritage back to this common ancestor. Admission is \$5. Call 924-4555 or visit mariposamuseum.org.

• **MAPLE SUGARING DAY** at the Remick Country Doctor Museum & Farm (58 Cleveland Hill Road, Tamworth) Sat., March 9, 11 a.m.-3 p.m. Learn about colonial and Native American maple sugaring methods from staff members in period costumes. See modern day sugaring methods and take part in maple-related activities and kids crafts and activities. Call 323-7591 or visit remickmuseum.org.

• **NORTHERN IRELAND DISCUSSION** at the Meredith Public Library (91 Main St., Meredith) Sat., March 9, at 10:30 a.m. Meet with Kathleen Cain for a presentation on the history of Northern Ireland. Visit meredithlibrary.org.

• **GHOST HUNT** at the Amos J. Blake House Museum (66 General James Reed Highway, Fitzwilliam) Sat., March 9, at 7 p.m. Go on a ghost hunt with CC "The Huntress" Carole, preceded by presentations by Carole and other ghost hunters. Visit ccthehuntress.com for ticket information.

• **RESEARCHING THE HISTORY OF YOUR DERRY HOUSE** at the Derry Public Library (64 E. Broadway, Derry) Sat., March 9, at 1:30 p.m. Derry historian Rick Holmes and reference librarian Eric Stern will discuss available resources for historical info about homes in Derry. 432-6140 or derrypl.org.

• **SEACOAST WOMEN'S WEEK CONFERENCE** at The Community Campus (100 Cam-

pus Drive, Portsmouth) Sat., March 9, 9 a.m.-1:30 p.m. Registration begins at 8:30 a.m. The annual event will feature workshops throughout the day focusing on topics revolving around women's issues. A \$20 donation will benefit Womenaid of Greater Portsmouth. Registration is encouraged. Visit womenaid-portsmouth.org.

• **PARTISANSHIP AND CIVILITY IN 2013** at Rye Public Library (581 Washington Road, Rye) Sun., March 10, at 2 p.m. Neil Levesque, the executive director of the Institute of Politics at Saint Anselm College, will discuss how division in government affects society. Call 964-8401 or visit ryepubliclibrary.org.

• **INFORMATIONAL WORKSHOP ON NH CURRENT USE TAX RULES** at Shieling State Forest (Old Street Road, Peterborough) Mon., March 11, at 7 p.m. Hosted by the UNH Cooperative Extension and the New Hampshire Division of Forest and Lands, learn about the current use assessment and what it could mean for you. Visit extension.unh.edu.

• **YOUR ORGANIZED LIFE STARTS HERE** at Country Woods Furniture (311 Route 27, Raymond) Tues., March 12, 6-8 p.m. Learn organizational techniques for your home Lorraine Falcone, a professional organizer with Naturally Organized. Admission is free. To register, call 1-800-439-4118 or email info@countrywoodsnh.com.

• **LECTURE ON CHINESE ECONOMIC REFORMS** at Nashua Public Library (2 Court St., Nashua) Sun., March 17, at 2 p.m. Chris Reardon, an associate professor at the University of New Hampshire, will discuss how China went from a poverty-stricken country to a world power. Admission is free and registration is not required. Call 589-4610 or visit nashualibrary.org.

• **THE HISTORY OF PRESCOTT FARM** at Laconia Public Library (695 Main St., Laconia) Mon., March 18, at 6:30 p.m. Sarah W. Dunham, executive director of Prescott Farm, will discuss its history dating back more than 200 years. Admission is free. Call 527-1278, email lhmslpl@metrocast.net or visit laconiahistorical.org.

• **ANTIQUÉ TREASURES OR TRASH?** at the Florence Speare Museum (5 Abbott St., Nashua) Tues., March 19, at 7:30 p.m. Hosted by the Nashua Historical Society, Wolfeboro antiques dealer Charles Wibel will discuss what sorts of household items may be valuable. Call 883-0015.

• **IDEA AND SECTION 504, WHAT'S THE DIFFERENCE?** at the Hampstead Middle School Library (28 School St., Hampstead) Tues., March 19, 7-9

SPRUCE UP YOUR SPACE



If you're looking for new ways to improve the appearance of your yard, business or traffic island, visit the Milford Garden Club's meeting at the First Congregational Church Parish House (10 Union St., Milford) on Monday, March 11. At 10:30 a.m., Linda Zukas of Churchill's Garden Center will discuss ways to spruce up your home or business including plant and color combinations. Visit milfordnh-gardenclub.org.

p.m. Learn about the similarities and difference between the Individuals with Disabilities Education Act and Section 504 of the Rehabilitation Act. Admission is free, but prior registration is required. Call 224-7005 or email frontdesk@picnh.org.

• **PERSPECTIVES ON ARAB CULTURE AND THE INFLUENCE OF ISLAM** at Amherst Town Library (14 Main St., Amherst) Tues., March 19, at 7 p.m. Nabil Migalli, a New Hampshire Humanities scholar, will discuss Arab-American relations and Arab culture. Admission is free, but prior registration is required. Call 673-2288, email library@amherst.lib.nh.us or visit amherst.lib.nh.us.

• **THE COLLABORATIVE PROCESS - A SMARTER DIVORCE** at the Wadleigh Memorial Library (49 Nashua St., Milford) Wed., March 20, 7-8:30 p.m. Learn about Collaborative Law and how it can be helpful to divorcing marriages. Call 673-2408 or visit wadleighlibrary.org.

• **DISCOVERING NEW ENGLAND'S STONE WALLS** at the Kelley Library (234 Main St., Salem) Thurs., March 21, at 7 p.m. Author Kevin Gardner will discuss the history of stone walls in New England and their various stylistic elements. Call 898-7064 or visit salem.lib.nh.us.

• **IMPROVISATIONAL COMEDY WORKSHOP** at Nia NH and Yoga (110 Route 101A, Amherst) Sat., March 23, 11 a.m.-4 p.m. Comedian Jacqueline Kabat will present comedy techniques and discuss how these skills can improve day to day life. Admission is \$75. To register, call 562-7525 or visit nianhandyoga.com/events.

• **INTRODUCTION TO MEDITATION** at Aryaloka Buddhist Center (14 Heartwood Circle) Sat., March 23, 9 a.m. to 1 p.m. This is an intensive introduction to meditation techniques. Prior experience is not necessary. Admission is on a voluntary sliding scale of \$50, \$40 or \$30. Call 659-5456 or visit aryaloka.org.

• **SYRIA: WHAT'S REALLY GOING ON** at Nashua Public Library (2 Court St., Nashua) Sat., March 23, at 11 a.m. presented by Dr. Deina Abdelkader, an assistant professor in the political science department at UMass-Lowell. Learn about the fighting going on in Syria and what it means for the country. Admission is free and registration is not required. Call 589-4610 or visit nashualibrary.org.

• **TELLING YOUR FAMILY STORY** at the Nackey S. Loeb School of Communications (749 E. Industrial Park Drive, Manchester) Sat., March 23, 9 a.m. to 3 p.m. Fritz Wetherbee and other New Hampshire media members will demonstrate techniques on preserving family history and stories. Cost is \$50, which includes lunch. Call 627-0005 or visit loeb-school.org.

• **HOLY WEEK SERVICES** at the First Congregational Church (15 Lawrence Road, Salem). A Palm Sunday service begins Sunday, March 24, at 10 a.m. A Maundy Thursday service will be held Thurs., March 28, at 7 p.m. An Easter sunrise service will be held Sunday, March 31, at 6:30 a.m., at the Salem Center Park Gazebo.

• **GOOD FRIDAY - WALK WITH JESUS** at Veterans Memorial Park (737 Elm St., Manchester) Fri., March 29, at 5:15 p.m. Meet at the park and

walk with the cross to Brookside Congregational Church (2013 Elm St., Manchester). A concluding service will begin at 7 p.m. Call 669-2807 or visit brooksidecc.org.

• **WRITE YOUR MEMOIR IN SIX WORDS** at the Nashua Public Library (2 Court St., Nashua). Submit your life story in six words for a chance to win \$50 worth of gift cards to downtown Nashua locations. Entries will be based on clarity, originality, cleverness and style. Entries are due by Mon., April 1 and a winner will be announced Thurs., April 18. Call 589-4610 or visit tinyurl.com/nplmemoir.

• **FOXWOODS TRIP** through the Deerfield Parks and Recreation Department, Sun., April 7, at 8:30 a.m. The bus will leave from the George B. White Building (8 Raymond Road, Deerfield) and return by 7 p.m. Cost is \$30 and includes a \$10 meal voucher and \$15 keno ticket. Tickets are available at the White Building or by calling 463-8811, ext. 305, or emailing parke@townofdeerfieldnh.com.

• **FOXWOODS TRIP** through the South Weare Improvement Society, Sun., April 7, at 7 a.m. The bus will leave from Weare Middle School (16 East Road, Weare). Cost is \$45 per person and includes a \$25 coupon for food and gaming. The event will benefit improvements on the Osborne Memorial Hall. Call 529-7282. Send a check with your name, address and telephone number to SWIS, PO Box 392, Weare, NH 03281.

• **STEAMPUNK INDUSTRIAL REVOLUTION** at The Holiday Inn (9 Northeastern Blvd., Nashua) Fri., April 12-Sun., April 14. Music, style, art, literature from the steampunk movement will be on display. steamrevolution.com.

• **OPEN DOORS TROLLEY NIGHTS** in downtown Manchester Thurs., April 15 and Thurs., Aug. 1, 5-8 p.m. The trolleys will have stops at Langer Place, the Millyard Museum and SEE Science Center, E.W. Poore Framing, Art 3 Gallery, Framers' Market, New Hampshire Institute of Art, "Art on the Wall" at City Hall, Studio 550 and Manchester Mills Studios. Call 669-7469 or visit opendoorsmanchester.com.

• **HOOKSETT LIONS MODEL TRAIN SHOW** at David R. Cawley Middle School (89 Whitehall Road, Hooksett) Sun., April 21, 10 a.m.-3 p.m. The event will feature working model trains, vendors, kids activities raffles and more. Admission is \$4 for adults, \$1 for ages 6-12 and \$10 for families.

• **BOSTON RED SOX GAME** through the Deerfield Parks and Recreation Department, Sun., June 9, game time TBD. The bus leaves the George B. White Build-

ing (8 Raymond Road, Deerfield) three hours before game time. The Red Sox will be playing the Los Angeles Angels of Anaheim. Tickets are available at the White Building or by calling 463-8811, ext. 305, or emailing parke@townofdeerfieldnh.com.

• **TAX HELP** at Rodgers Memorial Library (194 Derry Road, Hudson) Wednesdays through April 10, 12:30-6:30 p.m. Visit the library for free tax assistance for senior citizens and low to moderate income taxpayers. Walk-ins are welcome and appointments can be made by calling 886-6030.

• **KITCHEN TOUR** in the North and South Mill Ponds area, Portsmouth, Sat., May 4, 10 a.m.-3 p.m. Take a trolley tour throughout the area and explore well crafted kitchens in Portsmouth, with a focus on green homes. Tickets are \$25 in advance and \$27 the day of the tour. Proceeds benefit the Music Hall. Call 436-2400 or visit themusic hall.org.

• **BUDDHIST MEDITATION** at Aryaloka Buddhist Center (14 Heartwood Circle, Newmarket) each Wednesday through April 10, 7-9 p.m. Learn different styles of traditional Buddhist meditation. Admission is on a voluntary sliding scale of \$90, \$75 or \$60. Visit aryaloka.org.

• **COMMUNITY HU CHANT** on the third Thursday of the month at 7:30 p.m., at the Holiday Inn (2280 Brown Ave., Manchester). Call 800-713-8944 or visit www.eckankar-nh.org.

• **ECKANKAR WORSHIP SERVICE** on the second Sunday of the month at 11 a.m., at the Holiday Inn (2280 Brown Ave., Manchester). Call 800-713-8944 or visit www.eckankar-nh.org.

• **MAH JONGG** at Rye Public Library (581 Washington Road, Rye) Thursdays, 1-3 p.m. Visit the library for American-style Mah Jongg. All levels welcome. Call 964-8401.

• **2013 PUBLIC TRIPS** through the Nashua Parks & Recreation Department include Red Sox games and trips to New York City. Call 589-3370 or visit gonashua.com to register.

MUSEUMS & TOURS Exhibits

• **KONZENTRATION-SLAGER AUSCHWITZ** is an exhibit detailing the atrocities and horrors that occurred during at Auschwitz during the Holocaust. It is on display at the New Hampshire State Library (corner of North State and Park Streets, Concord) through Friday, March 22. The library is open Monday-Friday, 8 a.m. to 4:30 p.m. Visit nh.gov/nhsl.

• **DINOSAURS** at SEE Science Center (200 Bedford St., Manchester) through Sun., June 16. Check out half-scale and full-

PRESERVING PLANTS



Visit the Mt. Kearsarge Indian Museum (18 Highlawn Road, Warner) on Saturday, March 9, at 1 p.m., to learn about Native American heirloom plants. Anne Miller of the Vermont and New Hampshire Seed Savers Organization will discuss how to grow these plants and preserve their seeds. Admission is free. Call 456-2600 or visit indianmuseum.org.

scale robotic dinosaur models and other dinosaur activities. Hours are Monday through Friday, 10 a.m.-4 p.m., and Saturday and Sunday, 10 a.m. to 5 p.m. Admission is \$8 per person ages 3 and older. Visit seedinos.org.

NATURE & GARDENING

Animals/insects/plants

- **SEED SAVER TALK** at the Mt. Kearsarge Indian Museum (18 Highlawn Road, Warner) Sat., March 9, at 1 p.m. Anne Miller from the VT and NH Seed Savers Organization will discuss the preservation and growing of Native American heirloom plants. Admission is free. Call 456-2600 or visit indianmuseum.org.
- **BIRD WATCH FIELD TRIP** hosted by the Nashaway Chapter of the New Hampshire Audubon Society, Sat., March 23, at 8 a.m. Travel to Cape Ann and Gloucester, Mass., to look for seabirds. The trip will meet at the Exit 7 Park and Ride in Nashua. To register, contact Richard Bielawski at 429-2537 or rbielawski@mac.com.
- **A STORM OF ANGELS: SPRING SONGBIRD MIGRATION** at Amherst Town Library (14 Main St., Amherst) Tues., April 2, at 7 p.m. Nature photographer and ecologist Brooks Mathewson will present information about spring birds that migrate north to southern New Hampshire in the spring and why

their populations are declining. Admission is free, but prior registration is required. Call 673-2288, email library@amherst.lib.nh.us or visit amherst.lib.nh.us.

- **WALK & LEARN** at Beaver Brook Association (117 Ridge Road, Hollis) every Thursday, April 4-June 13, 9-11 a.m. Take a two hour guided walk for slower paced walkers and learn about wildflowers along the trail. Walks are not for pets or children. Admission is \$45 for the series. Call 465-7787 or visit beaverbrook.org.
- **WOODCOCK COURTING & SPRING PEEPERS NIGHT HIKE** at Beaver Brook Association (117 Ridge Road, Hollis) Fri., April 12, 7-9 p.m. Naturalist Gail Coffey will discuss the woodcock and its courting ritual. Admission is \$12. Call 465-7787 or visit beaverbrook.org.
- **LOON MAGIC: SIGHTS AND SOUNDS** at the Hopkinton Town Library (61 Houston Drive, Contoocook) Sat., April 13, 1:30-2:30 p.m. Presented by the Little Nature Museum. Learn about loons through an interactive presentation. Admission is free and donations will be accepted. Visit hopkintontownlibrary.org or littlenaturemuseum.org.
- **BEE SCHOOL** at the Masonic Lodge (12 South Road, Candia) every Monday through April 15 (excluding March 18 and April 15), 7-9 p.m. Learn about various beekeeping topics. Cost is \$60 and includes a study book, information on identifying and addressing bee diseases and a one-year membership the Beekeepers Association. Cost for one additional related person to attend without the printed materials is \$5. Call 942-5217 or visit gmdean@metrocast.net.
- **GUIDED WILDFLOWER**

WALKS at Beaver Brook Association (117 Ridge Road, Hollis) on Wednesdays, April 17 to May 22, 9-11 a.m. Walk throughout Beaver Brook and learn about the growing wildflowers. Admission is free. Call 465-7787 or visit beaverbrook.org.

- **FAMILY EARTH DAY EXCURSION: THE MYSTERY AND MAGIC OF VERNAL POOLS** at The Fells Historic Estate & Gardens (456 Route 103A, Newbury) Sun., April 21, 1-2:30 p.m. Visit a vernal pool and see the reemergence of spring life. Non-members pay site admission. Call 763-4789, ext. 3, or visit thefells.org.

- **WILD EDIBLES** at Beaver Brook Association (117 Ridge Road, Hollis) Thurs., May 2, 10 a.m.-noon. Learn about edible wild plants and learn how to make a tincture. Admission is \$15. Call 465-7787 or visit beaverbrook.org.

- **WILDFLOWER PHOTOGRAPHY** at Beaver Brook Association (117 Ridge Road, Hollis) Sat., May 4, 9-11 a.m. Learn techniques to improve your nature photos. Bring your camera and user's manual if you have it. Admission is \$10. Call 465-7787 to register. Visit beaverbrook.org.

- **RAVEN FEEDING** at Massabesic Audubon Center (26 Audubon Way, Amherst, 668-2045, nhadubon.org) every Sunday at 12:30 p.m. Watch as feeders give the raven its daily meal. Free.

- **SHOREBIRDS FIELD TRIP** Massabesic Audubon Center, 26 Audubon Way, Auburn, 668-2045, offers regular field trips to look for birds at the shore. \$15.

- **SNAKE FEEDING** at Massabesic Audubon Center (26 Audubon Way, Amherst, 668-2045, nhadubon.org) every Sunday, 11:30 a.m. Watch the ball pythons eat lunch and even get to touch them. Free.

- **EVOLUTION OF BALEEN WHALES EXHIBITION** at the Seacoast Science Center (570 Ocean Blvd., Rye, 436-8043, ext. 12). Learn about humpback whales' ancient ancestors. Exhibition includes a life-sized model of Ambulocetus, the first whale ancestor, a video and three new toothed-whale skeletons.

- **OTTER ENRICHMENT** at Squam Lakes Natural Science Center (23 Science Center Road, Holderness) every Monday, Wednesday and Friday, at 11:30 a.m. Learn about river otters and watch as a live otter eats. Admission is \$15 (\$12 for ages 6+, \$10 for ages 3-15, free for 2 and younger). Call 968-7194 or visit www.nhnature.org.

Astronomy

- **WHAT'S UP IN TONIGHT'S SKY** at Derry Public Library (64 E. Broadway, Derry) Wed., March 13, at 6:45 p.m. Repre-

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sentatives from the New Hampshire Astronomical Society will discuss what is visible in the sky on that date and visitors can look at the sky through the library's telescope. Call 432-6140 or visit derryp1.org.

- **NIGHT SKY PROGRAM AND HIKE** at Beaver Brook Association (117 Ridge Road, Hollis) Sat., April 6, 6:30-8:30 p.m. Telescopes from the McAuliffe-Shepard Discovery Center will be on hand to view the night sky during a hike. Admission is \$10 per person. Call 465-7787 to register. Visit beaverbrook.org.

Gardening/farming

- **ORGANIC LAWN CARE 101** at Hooksett Public Library (31 Mount Saint Mary's Way, Hooksett) Thurs., March 14, at 6:30 p.m. Brittany Phillips will present ways to naturally take care of your lawn. Call 485-6092 or visit hooksettlibrary.org.
- **BEYOND PERENNIALS** at Lake Sunapee Protective Association's Knowlton House (63 Main St., Sunapee) Sat., March 16, 10-11 a.m. Learn a variety of gardening techniques from UNH Master Gardener Henry Homeyer. Admission is a \$10 donation toward The Fells Historic Estate & Gardens. Call 763-4789. ext. 3. or visit thefells.org.
- **LAND ACCESS INFORMATION SESSION** at Main Street Bookends (16 E. Main St., Warner) Tues., March 19, 6-9 p.m. Discuss transactions of farm property with experts on the topic. Admission is free. RSVP by emailing mhvizda@kw.com.
- **YOUTH GARDEN WORKSHOP** at the Massabesic Audubon Center (26 Audubon Way, Auburn) Sat., March 30, with a morning session from 9 a.m.-1 p.m., lunch break and afternoon session from 2-4 p.m. Learn about establishing a youth garden and how it can benefit a town. Admission is \$5. Call 679-5616 or visit ron.christie@unh.edu.
- **APPLE GRAFTING AND PRUNING** at St. Paul's School (325 Pleasant St., Concord) Sat., April 6, 10 a.m.-3 p.m. Organic orchardist Michael Phillips will lead the grafting workshop at 10 a.m. and the pruning workshop at 1 p.m. Admission ranges from \$35 to \$60. Visit nofanh.org/nofa-event/apple-grafting-pruning-with-organic-orchardist-author-michael-phillips.
- **COMMON GARDEN PESTS AND FRIENDS: IDENTIFICATION AND CONTROL** at The Fells Historic Estate & Gardens (456 Route 103A) Sat., April 6, 10 a.m.-noon. Learn about different garden pests. Admission is a \$10 donation. Call 763-4789 ext. 3 or visit thefells.org.
- **NORTHEAST ORGANIC FARMING ASSOCIATION OF NH** (224-5022, nofanh.org)

offers workshops and classes on gardening and farming. Call 224-5022 or email info@nofanh.org.

- **UNH COOPERATIVE EXTENSION** (877-398-4769, extension.unh.edu) offers classes on landscaping, gardening and amateur forestry. See website for schedule. The Cooperative Extension's Family, Home and Garden Center also has an information line to offer answers to garden questions Monday through Friday from 9 a.m. to 2 p.m. and Wednesdays from 5 to 7:30 p.m.

OVER 50 Events

- **AUTO MAINTENANCE TIPS FOR THE OLDER DRIVER** at The Senior Activity Center (70 Temple St., Nashua) Mon., March 11, at 1 p.m. Bill Gurney of Gurney's Automotive in Nashua and Milford will lead the presentation. Admission is free and registration is recommended. Call 889-3440, ext. 132.
- **IRISH SOCIAL** at The Senior Activity Center (70 Temple St., Nashua) Fri., March 15, at 1:30 p.m. John Ogradowczyk will perform Irish ballads. Tickets are \$6 and are on sale at the Senior Activity Center. Tickets will not be available at the door and must be purchased by Tues., March 12. Call 889-6155.
- **THE B NATURALS** will perform at the Senior Activity Center (70 Temple St., Nashua) Tues., April 16, at 1 p.m. The group is Alvirne High School's vocal group and aims to provide community service through music. The Senior Tapsters will also perform. Tickets are \$6 and will be available at the Senior Activity Center. Tickets will not be available at the door and must be purchased by Fri., April 12. Call 889-6155.

VOLUNTEER Cultural organizations

- **CAPITOL CENTER FOR THE ARTS** is always seeking volunteers from the community to lend a helping hand. Call 225-1111.
- **LITERACY VOLUNTEERS** at Manchester City Library (405 Pine St., Manchester, 624-6550, manchester.lib.nh.us). ProLiteracy – Learn to Read at Manchester City Library will train you to teach an adult to read on a one-to-one basis. Call 624-6550, ext. 330.
- **MAJESTIC THEATRE** needs ushers for every performance. Ushers usually arrive about two hours before show time. The theatre also seeks volunteers to help with load in and load out of equipment. Duties and instruction are given upon arrival. Performances are at various locations. Call 669-7469.
- **NH HISTORICAL SOCIETY MUSEUM** to serve as gallery guides at the museum, 6 Eagle

PUPPETRY



Artists from throughout the northeast are hard at work turning what were once white pieces of fabric into elaborately colorful puppets. Beginning Saturday, March 16, the Mariposa Museum (26 Main St., Peterborough) will have a silent auction for a chance to take

home a one-of-a-kind puppet. The silent auction will conclude on Saturday, March 30, at 7 p.m. when the museum will host its Night of a Thousand Puppets fundraiser. The event will feature a display of the puppets, punch, wine and Middle Eastern inspired sweets and a prelude to the upcoming performance of “Aladdin and the Lamp of Dreams” by the Phoenix Marionette Theatre. Tickets to the fundraising event are \$25 per person and \$40 per couple. Call 924-4555 or visit mariposamuseum.org. Pictured: The Mariposa Museum's Tina Thaing with a still blank puppet. Courtesy photo.

Square, Concord. Weekday and weekend hours are available. Call 856-0611 or email sskenyon@nhhistory.org.

Health

- **VOLUNTEER KNITTERS WANTED** to crochet or knit comfort shawls for St. Joseph Hospital, which bring an extra special measure of comfort to patients who may be seriously ill, undergoing medical procedures, or seeking hope in healing or grieving. Need is ongoing. Call 882-3000, ext. 67800.
- **AMERICAN CANCER SOCIETY** (Northern New England Region, 2 Commerce Drive, Suite 110, Bedford, 472-8899, cancer.org) needs volunteers to drive patients to and from treatments and to help with fundraisers. The society also has a program called “Look Good ... Feel Better” that offers women group sessions and one-on-one consultations dealing with skin care, hair loss and other issues. ACS seeks volunteer cosmetologists who can give consultations and services to the patients. The “Man to Man” program offers information and support to those with prostate cancer. The ACS also needs volunteers with its smoking cessation programs and political advocacy.
- **AMERICAN HEART ASSOCIATION** (2 Wall St., Manchester, 518-1551, americanheart.org) needs volunteers to help with events, office work, mailings and issue advocacy.
- **AMERICAN LUNG ASSOCIATION OF NEW ENGLAND** (1800 Elm St., Manchester, 369-

3977, lungne.org) needs volunteers to help with its programs and special events.

- **THE CAREGIVERS INC.** in Bedford and Nashua provides transportation services for health and medical care needs, including transportation to Boston, Burlington, Mass., and Hanover for those who need medical care outside southern New Hampshire. Caregivers also provide a grocery service called Food for the Homebound. Volunteers are needed to help with transportation, carrying bags, reading labels and putting away groceries. They may also shop for individuals who cannot leave their home. Call the main office in Bedford at 622-4948 or the office in Nashua at 595-4502, or visit caregiversnh.org.
- **CATHOLIC MEDICAL CENTER** (100 McGregor St., Manchester, catholicmedicalcenter.org, 668-3545) uses volunteers in a variety of departments and programs. Call for information.
- **CONCORD HOSPITAL** (250 Pleasant St., Concord, concord-hospital.org, 225-2711) uses volunteers in a variety of departments and programs. Call for information.
- **CENTRAL NH BREAKFAST CLUB EXCHANGE** is looking for new members. Senior citizens, health care providers or other business professionals who have an interest in volunteering time to make the community a better place for seniors to live. Meetings are free and open to anyone interested in the organization. Contact Caroline Nigen at 623-7000 with questions or to RSVP.

- **EASTER SEALS NH** (555 Auburn St., Manchester, 623-8863, nh.easterseals.com) needs volunteers who can help with fundraising campaigns, help out in the office, help with programs such as Alzheimer's Day or the child development program and to help organize and participate in events.
- **ELLIOT HOSPITAL** (1 Elliot Way, Manchester, 669-5300, elliotthospital.org) uses volunteers in a variety of departments and programs. Call for information.
- **EMERGENCY RESPONDERS LPN, RN, PA** or physicians needed at Beaver Brook Association at Maple Hill Farm, Hollis, for pay or in exchange for a free week of summer youth class. Contact Roisin or Celeste at 465-7787.
- **GREATER MANCHESTER AIDS PROJECT** (170 Lowell St., Manchester, 623-0710, mvap.org) needs volunteers to help with its mission.
- **HOME HEALTH & HOSPICE CARE** (7 Executive Park Drive, Merrimack, 800-887-5973, hhhc.org) is looking for people to volunteer their time to provide friendly visits to hospice patients in the Manchester and Nashua areas. Volunteers enhance quality of life by visiting hospice patients in a variety of environments, including homes, nursing home and assisted living facilities, hospitals and the Community Hospice House. Volunteers are also needed to help support families — in 2-3 hours a week, a volunteer might provide a friendly visit, assist with lighthouse work, do shopping and errands, etc. See hhhcvolunteers.org/volunteer or call 557-2806.
- **HOSPICE VOLUNTEERS** Allegiance Hospice is looking for volunteers to visit patients under hospice care in nursing homes in Manchester and Nashua areas. Volunteers are formally trained and are a valued part of the interdisciplinary team in serving patients at end of life. Contact Kathryn LeDoux at 877-255-4623 or email kledoux@allegiancehospice.com.
- **MARCH OF DIMES NH CHAPTER** (22 Bridge St., Concord, 228-0317, marchofdimes.com/newhampshire) needs volunteers to help raise money for March for Babies, to help with its Signature Chefs Auction or golf tournaments and to take part in community programs.
- **MENTAL HEALTH CENTER OF GREATER MANCHESTER** (401 Cypress St., Manchester, 668-4111, mhcgcm.org) needs volunteers to help patients and to help with upkeep of the facility. The center needs volunteers to provide child care at the center while parents are meeting with mental health professionals. Volunteers can also join

- a program that pairs them with people dealing with mental illness for weekly meetups to offer social interaction. Volunteers can also offer help with center events and fundraisers. Call Robin Sousa at 628-7706, ext. 4119.
- **NAMI NH** (National Alliance on Mental Illness New Hampshire, 15 Green St., Concord, 225-5359, naminh.org) needs volunteers to help teach “Family to Family” classes, to help with legislative advocacy, help with Mental Illness Awareness Week and help with the WALK for Recovery of Mental Illness. Call Annette Carbonneau at 225-5359, ext. 25, or email acarboneau@naminh.org.
- **NH ASSOCIATION FOR THE BLIND** (McGreal Sight Center, 25 Walker St., Concord, 224-4039, sightcenter.com) needs volunteers to provide companionship, help with reading mail and writing letters, become a community driver and more.
- **RED CROSS** (redcross.org; Greater Manchester Chapter, 1800 Elm St., Manchester, 624-4307, redcrossmanchester.org; NH Gateway Chapter, 28 Concord St., Nashua, 889-6664, Nashua.redcross.org; Granite Chapter Office, 2 Maitland St., Concord, 225-6697, concord-redcross.org) needs volunteers to participate in disaster response, teach first-aid classes, help with blood collection and participate in its missions helping members of the armed forces.
- **RED CROSS** Nashua & Souhegan Valley Red Cross, 28 Concord St., Nashua, seeks volunteers for disaster team, fundraising support, special events, blood drives and clerical work. Call 889-6664, visit nashua.redcross.org or email cheryl@nashua.redcross.org.
- **SOUTHERN NH AIDS TASK FORCE** (12 Amherst St., Nashua, 595-8464, aidstaskforcenh.org) needs volunteers to help with office duties, events, outreach, transportation, the food pantry and some maintenance duties.
- **ST. JOSEPH HOSPITAL** (172 Kinsley St., Nashua, stjosephhospital.com) needs volunteers in a variety of departments and programs. Call Cindi Levesque, volunteer coordinator, at 595-3044.
- **VISITING NURSE** of Manchester and Southern New Hampshire (1070 Holt Ave., Suite 1400, Manchester, 622-3781, manchestervna.org) has a variety of volunteer opportunities including working with families who have members in hospice and families dealing with grief issues.
- **VISITING ANGELS** in the Manchester and Derry areas are seeking caregiver volunteers with prior experience in home caregiving, volunteer organizations and family experience. Visit visitingangels.com or call 483-8999.

EASTER

Just in time for Easter, learn how to create an elaborately decorated egg using traditional and contemporary Ukrainian artistic methods. Judi Lemaire has studied the technique for twenty years and will lead a

course at the League of New Hampshire Craftsmen Meredith Gallery (279 DW Highway, Meredith) on Saturday, March 16, from 10 a.m. to 1 p.m., and again on Sunday, March 17, from noon to 3 p.m. The final product is designed to last for years. Lemaire's artwork is also on display at the Meredith Gallery and is available for purchase. The classes cost \$25 and prior registration is required. Call 279-7920 or visit nhcrafts.org/localsites/meredith/index.html. Pictured: Completed decorated eggs. Courtesy photo.

Outdoors

FALL VOLUNTEER WORK DAY

at the Squam Lakes Association (534 Route 3, Holderness), 9:30 a.m.-3 p.m. Meet at the association's headquarters and then help to clean up around the lake. Call 968-7336, email jennifermattrick@squam lakes.org or visit www.squam lakes.org.

CANTERBURY GARDENERS

Canterbury Shaker Village is seeking individuals or groups interested in helping to plant and maintain heirloom herb, vegetable and perennial gardens. These gardens and associated farm fields are used to help explain the rich history of the relationship between the Shakers and agriculture. Volunteers must be able to do some physical work outdoors in varying weather. Gardening experience is a plus, but not required. Training and tools are provided. In addition to adults, youth group, service learning and internship opportunities exist for students. Call Ruth Smith, garden program coordinator, at 783-9511, ext. 281, or email rsmith@shakers.org. Visit shakers.org.

FARM VOLUNTEERS

The Educational Farm at Joppa Hill in Bedford depends almost exclusively on volunteers. Training available by appointment. Must be age 16+ or have guardian or parent present at all times. Volunteers are needed for general farm maintenance tasks, farm animal care, office and administrative work, flyer distribution, house party hosting, gardening, outreach and education programming. Call 472-4724.

LITTLE NATURE MUSEUM

(656 Gould Hill Road, Contoocook) is seeking volunteers for the remainder of the 2012 season. Volunteers must give approximately 12 hours of time. Volunteers will receive free museum membership for a year, their name and photo included on

a plaque, an invitation to a volunteer potluck dinner and protection by insurance. Call 746-6121.

• **NH AUDUBON** needs volunteers to be the "eyes and ears" on its wildlife sanctuaries. Duties include periodic visits, looking out for things like illegal hunting, cutting and for windstorm damage to trails. To read more about the life of a steward and how to apply visit community.icontact.com/p/nh-audubon/newsletters/nature/posts/become-a-sanctuary-steward.

NEW ENGLAND WILDFLOWER SOCIETY

seeks volunteers in a variety of capacities at locations throughout New England. No experience necessary; volunteers are needed to conduct field studies of native plant species and rid habitats of invasive plants. A general volunteer application form can be found at newenglandwild.org. For info about the Plant Conservation Volunteer Corps, contact John Burns, jburns@newenglandwild.org.

NH COMMON GROUND GARDENING PROJECT

runs garden program for youth, families, elders and communities designed to help feed the hungry, build community connections, mentor youth and share the wisdom of elders, support local and organic gardening, and teach about sustainable agriculture. These goals are carried out through four initiatives: the 4-H Green Thumb Team, Rooting for Families, Shared Harvest and Elders on the Grow. Volunteers are welcome in committees, garden crew, as garden docents and for special projects. Contact Julia Steed Mawson at 660-6373 or julia.mawson@unh.edu. NHC-GGP is supported by the UNH Cooperative Extension and the Massabesic Audubon Center.

• **PONEMAH BOG** on Rhodora Drive off Route 122 in Amherst is a 75-acre sanctuary under

the protection of the NH Audubon Society. The site includes a 3-acre pond circled by woods and wetlands and is home to plants and animals. A ¾-mile trail goes through the woods and along a boardwalk over the bog. Volunteers are needed to walk the trails and boardwalk once a month and report their findings. Contact Jack Gleason at 673-3177 or email jgleason10@netzero.net. To learn about Ponemah Bog, visit 02a22b0.netsolhost.com/sanctuary_amhe.php.

• **UPREACH THERAPEUTIC RIDING CENTER** in Goffstown needs volunteers to be leaders and side walkers in therapeutic riding and driving lessons. Volunteers must be at least 14 years old, volunteer one hour a week for a minimum of six weeks, and be able to attend a volunteer training session. No previous horse experience necessary. Training is held at the UpReach barn, 153 Paige Hill Road, Goffstown. Contact Lauren at 497-2343 or email Lauren@upreachtrc.org. Registration forms available at upreachtrc.org.

YOGA

Academy of Martial Arts

Manchester Commons, 403 S. Willow St. in Manchester, 626-5272; Lorden Plaza, 614 Nashua St. in Milford, 672-1333; academy-martialarts.com

All Elements Healing Therapies

228 Loudon Rd., Concord, 225-5554, allelementshealing.com

Amherst Yoga

17 Old Nashua Road, Amherst, 673-7661, amherstyoga.com

Aquarian Yoga Studio

102 Elm St., Milford, 672-1744.

Bikram Yoga Concord

8 McGuire St., Concord, 415-9642, bikramyogaconcord.com

Bikram Yoga Nashua

5 Pine St. Extension, #6 Mill South, Nashua, 880-YOGA, bikramyoganashua.com

Bikram Yoga Manchester

195 McGregor St., Mill West Annex, Manchester, 669-7711, manchesterbikramyoga.com

Body-Oasis

89 Route 101A, Amherst, 882-3832, body-oasis.com

Full Spectrum Wellness

Langer Place, 55 S. Commercial St., Manchester, 296-0830, full-spectrumwellness.com

Greater Manchester Family YMCA

30 Mechanic St. in Manchester, gmfmca.org, 623-3558

Healing Hands Chiropractic

25 Nashua Road, Suite F2, Londonderry, 434-3456, healinghandsnh.com

Hollis Yoga

3 Market Place, Hollis, 465-2343, hollisyoga.com

Living Yoga Studio

120A N. Main St., Concord, 226-YOGA, livingyoganh.com

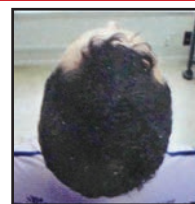
Manchester Yoga Center

679 Mast Rd., 668-YOGA, nhyoga.com

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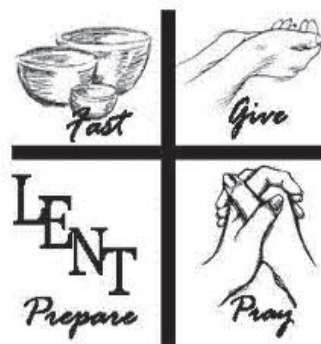
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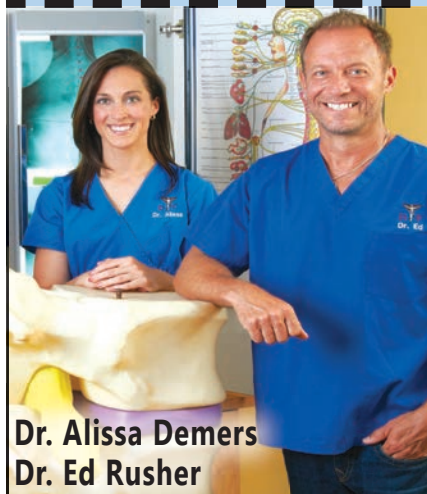


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• **Moving Spirit Yoga Studio** 32 DW Hwy, Merrimack, 886-7308, movingspiritoyoga-dance.com

• **NH Power Yoga** 704 Rte. 101 A, Merrimack, nhpoweryoga.com, 594-2494.

• **Riverflow** 198 Londonderry Pike, Hooksett, 935-9822, riverflowyoga.com

• **Sharing Yoga** 3 Pleasant St., Concord, 630-5576, sharingyoga.com.

• **Southern New Hampshire Medical Center** 8 Prospect St. in Nashua, 883-5124, snhmc.org

• **Londonderry Yoga** 298 Rockingham Road, Route 28, Londonderry, 669-9642, chiro-yoga-massage.com

• **Yoga & More** 505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaand-morenh.com

• **YogaBalance** 145 S. Main St., Manchester, 625-4000, yogabalance.info

• **YogaCaps** yogacaps.org, 670-0302, info@yogacaps.org

• **Yoga Center** Concord, 226-0680, nhyoga-center.com.

• **Yoga Circles for Life** 43 Lowell Road, Belltowne Plaza, Hudson, 880-8122

• **Yoga for Today** Waumbec Mills, Manchester, • **Yoga Sanctuary** 25 Indian Rock Road, Windham, 537-0588, yogasacnctuary.com

• **Zaanti Yoga and Meditation Studio** 51 Main St., Wilton, 654-3051, zaantiyogastudio.com

• **A MINDFUL PEACE - YOGA & BUDDHISM** at Aryaloka Buddhist Center (14 Heartwood Circle, Newmarket) beginning at 7 p.m., Fri., March 8 to 3 p.m., Sun., March 10. Learn about yoga and Buddhism, and the connections between the two. Admission is on a voluntary sliding scale of \$225, \$185 or \$145. Call 659-5456 or visit aryaloka.org.

• **TALK ABOUT A REVOLUTION: THE POWER OF TWISTING** at YogaBalance (135 Hooksett Road, Manchester) Sat., March 9, at 1:30 p.m. Internationally acclaimed teacher Natasha Rizopoulos will discuss twisting poses to help back pain. Admission is \$65. 625-4000 Mail@YogaBalance.info.

• **ALL LEVELS YOGA** at Hollis Yoga, Tuesdays 7-8:30 p.m.; Wednesdays 6-7:30 p.m., and Saturdays 9-10:30 a.m. Drop-ins cost \$15.

• **ALL LEVELS YOGA** at Riverflow, Mondays at 9:30 a.m. and 4 p.m.; Tuesdays at 9:30 a.m., 4:30 and 6:15 p.m.; Wednesday at 9:30 a.m. and 4 p.m.; Thursdays at 4:30 and 6:15 p.m., and Fridays at 9:30 a.m. All classes are 75 minutes, walk-ins cost \$12 and seniors and students cost \$10.

• **ALL LEVELS YOGA** Yoga Sanctuary on Mondays at 7:30 p.m., Tuesdays at 7 p.m., Wednesdays at 9:30 a.m., Thursdays at 5:30 and 7 p.m., and Saturdays at 9 a.m. Cost is \$18 for drop-ins.

• **AMHERST YOGA** (10 Northern Blvd., Amherst) offers a free community yoga class on the first Sunday of each month. Open to the public. Registration required. 673-7661 or info@AmherstYoga.com.

• **ANUSARA-INSPIRED YOGA** Living Yoga, Tuesdays 7:30-8:45 p.m. and Thursdays 8:30-9:45 a.m. Drop-ins \$15.

• **BEGINNER AND MODERATE YOGA** at the Yoga Sanctuary, Wednesdays at 7 p.m. Drop-ins \$18.

• **BEGINNER YOGA** at Hollis Yoga, Mondays 5-6:15 p.m. and Fridays 6-7:30 p.m. Drop-ins \$15.

• **BEGINNER YOGA** at Sharing Yoga in Concord (3 Pleasant St., 2nd floor) Mondays, 6:15 p.m. and Tuesdays, 6 p.m. Eight-week session is \$79.

• **BIKRAM YOGA** at Bikram Yoga Concord on Mondays at 9:30 a.m., 4:30 and 6:30 p.m.; Tuesdays at 4:30 p.m.; Wednesdays at 6 a.m., 9:30 a.m., 4:30 and 6:30 p.m.; Thursdays at 9:30 a.m. and 5:30 p.m.; Fridays at 9:30 a.m., noon and 4:30 p.m.; and Saturdays at 9 a.m. All classes are 90 minutes, drop-in rate is \$13.

• **BIKRAM YOGA** Manchester Bikram Yoga has classes on Mondays at 9:30 a.m., noon, 4:30 and 6:30 p.m.; Tuesdays at 6 a.m., 9:30 a.m., 3, 5 and 7 p.m.; Wednesdays at 9:30 a.m., noon, 4:30 and 6:30 p.m.; Thursdays at 6 a.m., 9:30 a.m., 3, 5 and 7 p.m.; Fridays at 9:30 a.m., noon and 4:30 p.m.; Saturdays at 8 and 10 a.m., and Sundays at 8 and 10 a.m., and 4 p.m. All classes are 90 minutes, drop-in rate is \$15.

• **BIKRAM YOGA** Bikram Yoga Nashua on Mondays at 9:30 a.m., 4:30 and 6:30 p.m.; Tuesdays at 6:30 and 9:30 a.m., 4:30 and 6:30 p.m.; Wednesdays at 6:30 a.m., 9:30 a.m., 4:30 and 6:30 p.m.; Thursdays at 6:30 and 9:30 a.m., 4:30 and 6:30 p.m.; Fridays at 9:30 a.m. and 4:30 p.m., and Saturdays and Sundays at 7:30 and 9:30 a.m. and 4:30 p.m. All classes are 90 minutes, drop-in rate is \$15.

• **BROGA** at the Manchester Yoga Mill (250 Commercial St., Suite 3005E, Manchester). Classes are every Thursday 5:30-6:45 p.m. Yoga classes designed specifically for men. Drop-in class is \$13. Call 933-0878 or email info@manchesteryoganh.com.

• **CHAIR YOGA** on Mondays, 9:30-11 a.m., at the Rye Public Library (581 Washington Road, Rye). Call 964-8401.

• **CORE YOGA** at YogaBalance. Work on abdominal and back strengthening and flexibility pos-

MOOSE ON THE LOOSE



Take a trip up to moose country and learn about the experiences of a man who has spent much of his life chasing the massive mammals. For more than 30 years, Rick “The Moose Man” Libbey has photographed wildlife all over Northern New England with a focus on capturing images of moose. As part of the Squam Lakes Association’s Squam Speaker Series, Libbey will visit the association’s resource center (534 Route 3, Holderness) Thursday, March 14, at 7 p.m., to share some of his photographs and the stories behind them. Libby will also discuss some of his techniques, including why he prefers to do much of his work on board a kayak. Admission is free. Call 968-7336 or visit squamlakes.org. Check out some of Libbey’s photographs at moosemannaturephotos.com. Pictured: Rick Libbey on board his kayak. Courtesy photo.

tures. Every Tuesday, 9:30-10:30 a.m. Cost is \$15 for drop-ins.

• **DAILY MEDITATION** Seacoast Wellness Centre, 135 McDonough St., Portsmouth, at 7 a.m. and 5:15 p.m. Call 531-3130 or email avim@acupuncturedmedical.org.

• **FEEL YOUNG YOGA** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaand-morenh.com) on Fridays from 10-11 a.m. Drop-in fee is \$15.

• **FLOW YOGA** at Healing Hands, Tuesdays, 7:30-8:30 a.m., and Saturdays, 8-9:15 a.m. Cost is \$15 per class.

• **FLOW YOGA** Living Yoga, Mon., Wed. and Fri., 12:15-1:15 p.m.; and Thursdays, 4:45-6 p.m. Drop-in rate is \$15.

• **FLOW YOGA** at At Om Yoga (40 N. Main St., Concord) daily from 9:30-11 a.m., and weekdays from 5:45-7:15 p.m. \$15 drop-in rate, \$115 for a 10-class pass and \$100 for a monthly unlimited pass. Call 545-7380 or visit www.atomyoga.com.

• **FREE YOGA** for the unemployed at Sharing Yoga. The offer is for an eight-week yoga and meditation series. Call 230-7300 or see sharingyoga.com.

• **GENTLE FLOW YOGA** Living Yoga, Monday, 5-6 p.m., and Tuesday, 6:15-7:15 p.m. Drop-in rate is \$15.

• **GENTLE VINYASA** Thurs., 5:30 to 6:30 p.m., at Zaanti Yoga and Meditation Studio, Main St., Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **GENTLE YOGA** the Allard Center YMCA of Manchester,

Tuesdays, 6:45-8 p.m. Cost is \$85 (\$60 for members).

• **GENTLE YOGA** Londonderry Yoga on Tuesdays, 6-7:15 p.m. Drop-ins cost \$15.

• **GENTLE YOGA** Riverflow, Wednesdays at noon, Fridays at 5 p.m. and Sundays at 9 a.m. All classes are 75 minutes, walk-ins cost \$12 and seniors and students cost \$10.

• **GENTLE YOGA** Yoga Center on Thursdays, 5:30-6:45 p.m. Cost is \$15 for drop-ins.

• **GENTLE YOGA** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaand-morenh.com) on Mondays from 7 to 8 p.m. Very slow-moving class focusing on mild stretching, breathing and relaxation. Drop-in fee is \$15.

• **HATHA YOGA** Londonderry Yoga on Mondays, 6-7:15 p.m., and 9-10:15 a.m. Drop-ins cost \$15.

• **HATHA YOGA** YogaBalance, on Mondays and Fridays, 9:30-10:30 a.m.; Tuesdays and Thursdays, 6:30-7:45 p.m., and Saturdays, 9:15-10:30 a.m. Cost is \$15 for drop-ins.

• **HOT YOGA** Tuesdays at 5:30 p.m., at Zaanti Yoga and Meditation Studio, Main St., Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **IN-DEPTH YOGA** Tuesday 6-8 p.m., with 45 minutes of discussion, presentation and demonstration followed by 75 minutes of yoga at Sharing Yoga.

• **INTERMEDIATE YOGA** Tuesdays from 8:30 to 9:45 p.m. at Londonderry Yoga. Drop-ins

cost \$15.

• **INTRO TO YOGA** RHT Martial Arts, 68 N. Stark Hwy., Weare. Call 529-5425.

• **JIVAMUKTI YOGA** RHT Martial Arts, 68 N. Stark Hwy., Weare. Call 529-5425.

• **KRIPALU YOGA** for all ages and abilities at Moving Spirit.

• **KRIPALU YOGA** Yoga Center, beginner-level classes are Mondays 5:30-6:45 p.m. and Wednesdays 7-8:30 p.m. Intermediate classes are Tuesdays 5:30-6:45 p.m. and Fridays 7-8:30 p.m. All-level classes are Tuesdays noon-1 p.m. and Wednesdays 4-5:15 and 5:30-6:45 p.m. Cost is \$15 for drop-ins.

• **KUNDALINI YOGA** 8 a.m. Saturdays and 7:30 p.m. Tuesdays at Aquarian Yoga Studio. Drop-in \$12. Ten classes for \$100.

• **KUNDALINI** Thursdays at 7 p.m. and Sundays at 4 p.m., at Zaanti Yoga and Meditation Studio, Main St., Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **LAUGHTER YOGA** Tuesdays, 7-7:45 p.m., at the Racquet Club, Gavin Falls Road, Concord; Wednesdays, noon-12:45 p.m., at Health Promotions, SMILE Building, 49 S. Main St., 2nd floor, Concord; and Mondays, 7 a.m., at the Unitarian Universalist Church, 174 Pleasant St., Concord. Free. 224-0291 or center.of.laughter@gmail.com.

• **LAW OF ATTRACTION WORKSHOPS** at The Yoga Center, 28 S. Main St., Concord, 226-0680, nhyogacenter.com. Call for dates and times.

• **LUNCHTIME YOGA** Full Spectrum Wellness, 55 S. Commercial St., Manchester. Offers Vinyasa, meditation, restorative yoga and Tai Chi/Qi Gong. Email debleclair@fullspectrumwellness.com, or call 296-0830.

• **LUNCHTIME YOGA** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaand-morenh.com) on Tuesdays and Thursdays, noon-12:45 p.m. Drop-in fee is \$12.

• **MEDITATION** Living Lights Studio in Bedford. Classes are offered Tuesday afternoons and evenings and Thursday mornings. All levels are welcome. Contact yoga instructor Connie Price for schedule and fees. See livinglightllc.com or call 490-2830.

• **MEDITATION** at Nia NH and Yoga, 76 Route 101A, No. 8, Amherst, Sundays from 8:30 to 9:30 a.m. The class series explores the seven pillars of mindfulness meditation. Suggested donation is \$10. Call 562-7525.

• **MINDFUL MEDITATION** at the Red Road Center, 535 Mast Road, 2nd Floor, Goffstown, every Monday at 5:30 p.m. for 30 minutes and Wednesday at 5:30 p.m. for one hour. 624-2280 or

theredroadcenter.yolasite.com.

• **MEN’S YOGA** at Zaanti Yoga and Meditation Studio, Main St., Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **MINDFUL MOVEMENT** at the Allard Center YMCA in Goffstown, Tuesdays, 10:35-11:50 a.m. \$85 (\$60 for members).

• **MODERATE YOGA** Wednesdays at 6 p.m., at Zaanti Yoga and Meditation Studio, Main Street, Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **MORNING ENERGY YOGA** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Wednesdays 8-9 a.m. Drop-in fee is \$15.

• **MODERATE YOGA** Mondays at 5:30 p.m., at Zaanti Yoga and Meditation Studio, Main Street, Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **MOMMY (OR DADDY) AND ME** by Deerfield Parks and Rec., Studio 59 at the George B. White Bldg., 8 Raymond Road, on Wed. and Fri. at 10 a.m. Visit townof-deerfieldnh.com or email dfld-parks@townofdeerfield.com or call 463-8811, ext. 305.

• **MOVING SPIRIT YOGA AND DANCE STUDIO** (32 DW Hwy., Merrimack) Directions and a full schedule of sampler events are available at movingspirit-yogadance.com.

• **MULTI-LEVEL ASANA** Healing Hands, Wednesdays 4-5:15 p.m. and Thursdays 7-8:15 p.m. Cost is \$15 per class.

• **PEDIATRIC PHYSICAL THERAPY** “It’s Ability,” 124 Hall St., Suite H, Concord, holds gentle yoga classes each Tues. at noon. Designed to encourage adults with developmental disabilities to come out into the community and socialize while improving their health. Drop-in; cost is minimal. Call 224-4540.

• **POWER YOGA** Riverflow, Wednesdays at 6 p.m. and Saturdays at 8:45 a.m. Wednesday’s class is 75 minutes, Saturday’s class is 90 minutes. Walk-ins cost \$12, seniors and students \$10.

• **POWER YOGA** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Thursdays, 5:30-6:30 p.m. Drop-in fee is \$15.

• **POWER YOGA: CHALLENGING** YogaBalance on Thursdays, 6:30-7:45 p.m., and Sundays, 4-5:15 p.m. Cost is \$15 for drop-ins.

• **PRENATAL YOGA** at the downtown location of the Greater Manchester Family YMCA on Wednesdays 7-8 p.m. Cost is \$85 (\$60 for members).

• **PRENATAL YOGA** at Amherst Yoga (17 Kellogg Ave., Amherst). Gentle yoga class that includes breathing techniques,

BOWL-A-RAMA

Head out for an evening of bowling and helping out children in need. The Child Advocacy Center of Rockingham County is hosting a Strike Out Child Abuse bowl-a-thon fundraiser at Strikers East Bowling Center (4 Essex Drive, Raymond) Tuesday, March 19, at 5:30 and 7:30 p.m. Teams must consist of four bowlers and the goal is for each team

to raise at least \$100 per person or \$400 per team. Prizes will be awarded to bowlers with the highest score, best style on the lanes and best bowling outfit. Pizza, soda and bowling shoes will be provided during the event. To register a team, email smick@communitycampus.org. Visit cacnh.org.

concentration and postures to open pelvis, hips and heart and relaxation.

• **PURE ENERGY** Fridays at 6:30 p.m. at Full Spectrum Wellness. Use moving yoga-like postures, guided creative visualization set to world, New Age and pop music. No experience necessary. \$12, pre-registration required.

• **RESTORATIVE YOGA** Londonderry Yoga on Thursdays, 6-7:15 p.m. Drop-ins \$15.

• **SHARING YOGA** (3 Pleasant St., Concord, 630-5576, sharingyoga.com) has classes seven days a week, Sundays at 10 a.m., Mondays at 11:30 a.m., 5 and 6:15 p.m.; Tuesdays 8:30 a.m., 12:30, 4:30 and 6 p.m., Wednesdays at 11:30 a.m., 4, 5:30 and 6:45 p.m., Thursdays at 9:30 a.m., 12:30, 5:30 and 6:45 p.m., Fridays at 9:30 a.m., 11:30 a.m., 6 p.m.; and Saturdays at 9 a.m. Cost is \$14 for walk-ins.

• **SLOW FLOW YOGA** Riverflow, Mondays at 6 p.m., Saturdays at 11 a.m. All classes are 75 minutes; cost is \$12 for walk-ins, \$10 for seniors and students.

• **STUDIO 550** 550 Elm St., Manchester, offers Vinyasa Flow Yoga on Thursdays, 5-6 p.m. Drop in rate is \$15. Call 232-5507 or visit 550arts.com.

• **SUN SALUTE YOGA** at Londonderry Yoga on Thursdays, 9-10 a.m. Drop-ins cost \$15.

• **SUNRISE YOGA** YogaBalance. A one-hour moderate hatha yoga class every Thursday, 6:15-7:15 a.m. Cost is \$15 for drop-ins.

• **THAI YOGA BODYWORK** Vinyasa yoga, gentle yoga, beginner yoga and all-levels yoga, as well as occasional retreat events are available at Yoga Sanctuary.

• **VINYASA** as well as vigorous and gentle yoga at Amherst Yoga, which occasionally offers a free introductory class on various

• **VINYASA ELEMENTAL YOGA WITH BETHANY** Full Spectrum Wellness on Tuesdays, 5:45-7 p.m. Drop-in fee is \$15.

• **VINYASA FLOW** of connecting postures with breathing to help build flexibility and strength. Classes at the downtown and Allard Center facilities of the Greater Manchester Family YMCA. Mondays, from 5:30 to 6:45 p.m.; Wednesdays, 7:15-8:30 a.m. and 12:05-1 p.m. Cost is \$85 (\$60 for members).

• **VINYASA** Fridays at 8:15 a.m. and Saturdays at 9 a.m. at Zaanti Yoga and Meditation Studio, Main St., Wilton, 654-3051, zaantiyogastudio.com. Classes are \$15 drop-in, \$12 with 10-class pass.

• **VINYASA FLOW YOGA** Hollis Yoga, Mondays, 6:45-8 p.m., and Thursdays, 7-8:30 p.m. Drop-ins cost \$15.

• **VINYASA FLOW YOGA** YogaBalance on Mondays, 6:30-7:45 p.m., and Wednesdays, 9:30-10:30 a.m. Cost is \$15 for drop-ins.

• **WARM AND TOASTY VINYASA FLOW YOGA** well as kripalu yoga, gentle kripalu yoga, yoga basics, vinyasa flow yoga, yoga for all levels, kids' yoga and yin yoga at Yoga Balance.

• **WEEKLY MEDITATION SESSIONS** (donations accepted) at Zaanti Yoga and Meditation Studio, 51 Main St., Wilton, 654-3051, zaantiyogastudio.com. Zen meditation on Monday, 5:30 p.m.; open meditation on Fridays, 6:45 to 7:30 a.m.

• **YIN YOGA** Healing Hands, Saturdays, 9:30-10:45 a.m. Cost is \$15 per class.

• **YOGA** Yoga, 94 W. Broadway, Derry. Offers slopeside yoga, prenatal yoga, vinyasa yoga for teens and adults, kids' yoga, etc. Contact Arielle Eckhaus Welch at 247-5263 or email arielle@naharyoga.com. Visit naharyoga.com.

• **YOGA** class held at Moore School, 12 Deerfield Road, Candia, most Mondays, 3-4 p.m. \$10 per class. Call 483-2251.

• **YOGA** Wednesdays at 6 p.m. at MainStreet Bookends, 16 E. Main St., Warner. Call Fran Vainas at 456-3099.

• **YOGA** evening classes at 6:30 p.m. Visit townofdeerfieldnh.com or email dfidparks@townofdeerfield.com or call 463-8811, ext. 305.

• **YOGA BALANCE** on 135 Hooksett Road, Manchester, 625-4000, offers various classes. Visit yogabalance.info or call 625-4000.

• **YOGA BASICS: GENTLE YOGA** classes at YogaBalance, Mon.-Fri., noon-12:45 p.m., and Sun., 4 to 5:15 p.m. Cost is \$15 for drop-ins.

• **YOGA FLOW** Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Mondays and Wednesdays, 9:30-10:30 a.m. Recommended for students with some yoga experience. Drop-in fee is \$15.

• **YOGA FOR ABS AND CORE STRENGTH** Sharing Yoga in Concord (3 Pleasant St., 2nd floor), Wednesdays at 4 p.m. Eight-week session is \$79. Beginners welcome.

• **YOGA FOR FITNESS** Yoga Center, on Sundays, 10-11:30 a.m. Classes are very vigorous. Cost is \$15 for drop-ins.

• **YOGA FOR MIND AND BODY** Greater Manchester Family YMCA. Classes are held on Mondays and Thursdays at the Manchester and Goffstown Allard Center facilities. Prices range from \$60 to \$85. Visit gmfmymca.com for times and locations.

• **YOGA FOR WEIGHT MANAGEMENT** Sharing Yoga in Concord (3 Pleasant St., 2nd floor) Thursdays at 6:15 p.m. Eight-week session is \$79. Beginners welcome.

• **YOGA FOR WOMEN'S WELLNESS** Healing Hands, Fridays, 10-11:15 a.m. Cost is \$15 per class.

• **YOGA NETWORKING** and potluck supper at Nia NH, 76 Route 101A, Amherst 562-7525. Karen Kallie and Peg Donahue of Living Energy and Lisa Jones facilitate a monthly networking group for everyone who is interested in meeting like-minded others for sharing, support, learning, enjoyment and growth. Admission is free but donations are appreciated.

• **YOGA NIDRA** at The Yoga Center, 28 S. Main St., Concord, 226-0680, nhyogacenter.com.

• **YOGA STRETCH** at Yoga & More (505 W. Hollis St., Suite 106, Nashua, 889-1121, yogaandmorenh.com) on Mondays, Tuesdays and Wednesdays from 5:30 to 6:30 p.m. Mild to moderate postures focusing on yoga stretches and breathing technique. Drop-in fee is \$15.

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Weekly Dish

Notes from the local food scene

By Amy Diaz
adiaz@hippopress.com

• **Eat chocolate, help kids:** A quick correction to a spotlight on page 47 of the Feb. 21 issue of the Hippo — in an item about the Manchester Salvation Army's fundraising sale of chocolate bunnies, an email address was missing a period. Email kaisy.korcoulis@use.salvationarmy.org (or call 627-7013) to order 8-ounce solid dark, milk or white chocolate bunnies (from Granite State Candy Shoppe) through March 15 for \$8. Funds from the sale of the bunnies go to help the Kids' Cafe in Manchester, which, according to the Manchester Salvation Army's website, serves "nutritious meals to approximately 116 children, four nights a week, every week." See www.use.salvationarmy.org/manchester.

• **Travel Italy in a glass:** If you can't jet off to Tuscany, you can still get a taste of Italia with regional wine tasting series Wednesdays from 6 to 8 p.m. in The Wine Bar at the Tuscan Kitchen, 67 Main St. in Salem, 952-4875, tuscانbrands.com. For \$20, get samples of regional wines as well as salumi e formaggi and breads from Tuscan Market bakery, according to a press release. March 6 was scheduled to feature wines from Tuscany. The upcoming schedule includes A World Tour on March 13; Piedmont, Italy on March 20 and a Tour of Italy on March 27.

• **Olive oil and eggs:** These two things are just the start of a tasty recipe but also the focuses of two upcoming events at Republic Cafe, 1069 Elm St. in Manchester, 666-3723, republiccafe.com. On Sunday, March 10, from 2 to 4 p.m., there will be an olive oil tasting of Las Doscientas olive oil, a Chilean olive oil producer (see en.las200.cl). Taste samples of the olive oil and order a special that highlights the ingredient. Then on Sunday, March 24, it's all about eggs. From 9 a.m. to 4 p.m., Republic will hold its Eggstravaganza, "a tribute to the egg featuring special brunch dishes and fresh eggs for sale from Heathfield Farm in Deerfield," according to a press release. If you bring in a decorated egg, you'll have a chance to win a gift certificate, the release said.

• **Thin Mint season:** To celebrate Girl Scout Cookie season (I bought my box of Do-Si-Dos on Sunday from the Scouts doing a brisk business in front of the Cinemagic in Hooksett), the Common Man restaurants in Ashland, Claremont, Concord, Lincoln, Merrimack, Windham and Portsmouth have put a cookie-inspired sundae on the menu. The Thin

50 ▶

FOOD

Salty, sweet and savory samples

Taste of the Towns has food and drinks for every palate

By Stefanie Phillips
food@hippopress.com

Spoil your taste buds while helping the Nashua Center at the Taste of the Towns Wine and Food Tasting.

The 11th annual event will be held Friday, March 15, at the Radisson Hotel in Nashua, bringing together some of the area's best restaurants, bakeries, wineries and breweries.

The benefit supports the Nashua Center, a non-profit providing early intervention and vocational services, residential programs and non-medical in-home care. As the organization celebrates 40 years, it's looking to the future by further defining its direction and message. This year's Taste of the Towns theme, Black & White, encompasses the culture and principles of the organization.

Each year more than 450 people attend Taste of the Towns, which has raised more than \$700,000 to date. Guests are encouraged to buy their tickets in advance, as it typically sells out.

"This event allows us to educate the public about who we are as we approach 40 years, and it is heartwarming that people outside of our direct circle recognize us," said Brian Young, executive director of the Nashua Center. "To see the outpouring of support, it just puts into the limelight all of the services we provide for people, from birth all through their lives. It is a time to celebrate and thank people for supporting us."

In between samples, guests can visit the photo fun booth, donated by Sweet Shot Photography, and take pictures with an array of black and white props. They're also encouraged to share their favorite dishes on social media sites like Instagram and Twitter throughout the night using #NashuaCenter.

Area restaurants promise to tempt the palate with a variety of cuisines, complemented by desserts, wines and brews.

Visit the Bertucci's table to sample the smoked mozzarella ravioli in a light cream sauce, finished with basil and Romano cheese. Carrabba's will offer samples of beef brasato, which is slow-cooked boneless beef shortribs topped with rich wine vegetable sauce over orzo pasta.

Follow the shortribs up with a cannoli, an Italian pastry shell filled with a chocolate chip mixture of ricotta and mascarpone cheeses.

Rib fans will also want to make stops at Manchester's Firefly American Bar and Bistro table for some braised beef shortribs



A woman enjoys a sample of wine at last year's Taste of the Towns. Courtesy photo.

over cheesy polenta. The Homestead Restaurant will be serving barbecue baby back ribs for a different twist.

Because everything is better with bacon, Copper Door in Bedford will be serving up bacon-wrapped shrimp with whole-grain mustard and wild honey.

Giorgio's Ristorante and Martini Bar is offering its take on Greek cuisine with a Spartan roasted lamb gyro, lemon and thyme roasted potatoes and homemade tzatziki sauce.

For seafood lovers, Napa East Wine Lounge and Shop is bringing Maryland sweet potato crab cakes with lemon thyme aioli paired with a Napa cabbage slaw.

T-Bones is bringing chicken marsala with lightly breaded chicken in a marsala wine sauce with sautéed mushrooms.

Also serving meat will be representatives from the Meat House's new Amherst location; they will offer steak tips and chicken breast.

If you like things a little bit more spicy, Shorty's will be offering chicken fajitas, chips and salsa and Cactus Jack's will be serving its homemade Cajun seafood stew with a variety of seafood including shrimp, scallops and catfish.

Irish restaurant and pub The Peddler's Daughter will celebrate St. Patrick's Day a few days early and serve Guinness barbecue pulled pork sliders with homemade coleslaw.

On the sweeter side, Creative Cakes by Debby will serve samples of two tortes: a Bailey's Irish Cream torte with vanilla cake and a Cookies and Cream torte with chocolate cake, both with real whipped cream.

And for drinks, Great Rhythm Brewing

Taste of the Towns

Where: Radisson Hotel, 11 Tara Blvd., Nashua

When: Friday, March 15, 6-10 p.m.

Cost: \$65

Contact: www.nashuacenter.org or call 883-6163

Company from Portsmouth will have samples of its handcrafted Resonation Pale Ale, which is balanced and hoppy with flavors and aromas of citrus and pine.

Henniker Brewing Company will be pouring their Amber Apparition, an American Amber Ale rich with caramel and toffee sweetness, balanced with hops. The brewers will also be pouring their Hop Slinger and India Pale Ale made with light caramel malts.

Shock Top from Merrimack will be offering its unique Honeycrisp Apple Wheat, a unique blend of Belgian wheat beer and sweet apple cider.

Tuckerman Brewing Company out of North Conway will serve its Pale Ale, a flagship brew released in 1998 that is brewed with specialty malts and four types of hops.

New Hampshire wineries Candia Vineyards of Candia, LaBelle Winery of Amherst and Zorvino Vineyards of Sandown will be on hand to share their wines. Some offer unique wines made from cold-hardy grapes grown in New Hampshire, in addition to a selection of fruit and dessert wines.

For more information and to purchase tickets, visit www.nashuacenter.org.



Downtown eats

Nashua celebrates Restaurant Week

By Lauren Mifsud
food@hippopress.com

This week, downtown Nashua is hosting its annual Spring Restaurant Week. The bevy of food and drinks fill the city streets, local restaurants and corner cafes. The seven-day celebration of all things food began on March 4, but the dinner (or breakfast or lunch) party continues through this weekend, ending Sunday, March 10.

The organizers and restaurants participating in the event this year are geared up for the annual display of dining.

"I just love Restaurant Week," said Ali Manning, marketing and communications director for the Great American Downtown. "It's a great opportunity to sample everything downtown Nashua has to offer."

This year, Restaurant Week is showcasing 14 establishments.

"There is truly something for everyone," Manning said.

From pizza to tapas and back again to a unique "Game On" menu at Stella Blu featuring venison, bison, elk and even gator, Nashua's Spring Restaurant Week is a treat for every taste bud.

"We have so many great restaurants this year that serve Mexican, upscale American, Thai or pizza," she said. "It's an opportunity to try food from different restaurants that may normally be outside of your price range, it's certainly not a narrow sampling of downtown restaurants."

Adding to the buffet of variety, Restaurant Week welcomed a new restaurant this year – Arena Sports Bar & Grill.

"We're always looking for new ways to get the word out that we're now a full-service restaurant," Arena owner Dennis Troso said.

Taking advantage of the publicity and the anticipation of local diners, Troso chose Restaurant Week to launch Arena's menu. Plus, like many of the other restaurants participating this week, Arena is offering deals and discounts for diners who stop in for a



Drinks at Saffron Bistro which will take part in Spring Restaurant Week

bite – 20 percent off the menu, Troso said.

"When we were a night club we were really one dimensional. Now, we're open seven days a week. Nashua has needed a sports bar for years. Plus, I've always had a passion for food and wanted to do something with it," Troso said.

Restaurant Week is an opportunity for owners like Troso to show customers who might not otherwise walk in the door what they have to offer.

"All of our food is made from scratch and made to order. The tenders, mozzarella wedges and pizza are fresh," Troso said. "If you're a burger person you have to try it. We get all of our meat from a third-generation butcher in New York. Most restaurants use a mix, maybe 50 percent, but our burgers are 100 percent Angus beef."

Manning said Restaurant Week in Nashua is sure to serve up something to whet every appetite. Visit downtown and sample bites from every participating restaurant, or pick one and enjoy a full meal.

"It's just great to see people having a good time," Manning said.

For more information and a full list of participating restaurants, visit downtown-nashua.org/spring-restaurant-week.

Food Listings
Lectures/author events/festivals/fairs
• **TASTE OF THE TOWNS**
Radisson Hotel Nashua (11 Tara Blvd., Nashua) Fri., March 15, 6-10 p.m. Local wine and food from 30+ restaurants plus benefit auction for Nashua Center Programs. \$65, 21+; call 883-6163 or visit nashuacenter.org.
• **NOFA-NH AG DAY** March 19, 11 a.m.-1 p.m., Statehouse Plaza (25 Capitol St., Concord); celebration of farmers, games, meet-and-greets, educational dis-

plays. Free.
• **16TH ANNUAL SPRING CRAFT AND SPECIALTY FOOD FAIR** March 22-24 at Rockingham Park (1 Rockingham Park Blvd., Salem). Food sampling extravaganza featuring herbal dips, sauces, jams, maple products, candies, dried fruits and nuts, honeys, relishes, butters, fudge and much more. \$7 for all three days (free under age 12); 10 a.m.-5 p.m. Fri and Sat., 10 a.m.-4 p.m. Sun. Call 332-2616 for vendor info.

• **RESTAURANT WEEK NH**
Meal deals at restaurants statewide Fri., May 17, to Fri., May 24. Visit restaurantweeknh.com for details, announcements and more.

Chef events/special meals
• **SPRING RESTAURANT WEEK — NASHUA** through Sun., March 10. Participating restaurants include Arena Sports Bar and Night Club, Portland Pie Co., Stella Blu, Unums, Fody's Tavern, Giant of Siam, Margaritas Mexican Restaurant, MT's Local, Old Amsterdam Bar 54 ▶

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Chef David Becker of the Firefly Bistro in Manchester started out as a teenage dishwasher who learned to cook and then fell in love with it. For more than 20 years he's been sweeping the country with his culinary skills. He returned to his home state of New Hampshire six years ago and began planning to open a restaurant with his sister. Four years and thousands of happy customers later, Becker is blending his taste for travel and home-grown cooking and serving it up with flair. From Sarasota, Fla., to St. Thomas in the Virgin Islands, Becker has compiled a bevy of flavors and recipes to share, making sure to include something for the pickiest of eaters. "I want anyone with misconceptions about the restaurant to put them to bed. There might be people who think we're hoity toity or people who think we're low-brow, but the truth is we've made a conscious effort to have a lot of fun, creative dishes – something for everyone," Becker said.

What is your must-have item in the kitchen?

A good braising pan made of heavy gauge metal, something in which you can cook stews for hours on end. Like braised short ribs that you want to cook for hours until they're fall-off-the-bone tender; you need the perfect pan for that.

What would you choose as your last meal?

A nice, rare ribeye steak. It's by far my favorite kind of meat, so I'd want a perfectly prepared ribeye steak, marbled so the flavor comes out when you sear it, and a side of some sort of truffle mashed potatoes, a true classic.

What is your favorite restaurant other than your own?

I don't get out to too many restaurants given my schedule. And we have so many friends who own restaurants that I hate to play favorites and pick one. I don't want to be unfair.

What celebrity would you like to see come to eat at the restaurant?

I've always wanted to cook for a president of the United States. It doesn't matter if it's a past or sitting president, but I'd love to brag that I've cooked for the president.

What is the best and biggest food trend in New Hampshire right now?

The local, sustainable thing has been going on for years and seems to be accelerating. The



New Hampshire Farm to Restaurant Connection is great, and most places are being more conscious about using eco-friendly ingredients and practices; we've tried to do it since we opened.

What is your favorite meal to cook at home?

I cook such a broad spectrum of food, so that's tough. My better half is a vegetarian, so none of our meals at home are very meat heavy. But we've been doing a lot of baking lately, making brioche and focaccias — every time we have the night off we're baking.

What is your favorite dish at the Firefly Bistro?

Right now, it's a center-cut pork chop served on top of hash made of potatoes and finished with a granny smith apple sauce. It's the quintessential comfort food. We'll switch up the menu as it gets warmer, but right now that's my favorite dish on the menu.

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2 pounds sea scallops
2 cups fresh lime juice
½ cup extra virgin olive oil
1 bell pepper, seeded and finely diced
2 medium tomatoes, seeded and finely diced
3 jalapeno peppers, seeded and minced
½ bunch cilantro, chopped

½ teaspoon cayenne pepper
2 teaspoons salt

Combine all ingredients in a nonreactive bowl, taking care that all the scallops are submerged in liquid. Cover and refrigerate overnight. Serve with fresh avocado and mango, over greens or with tortilla chips.

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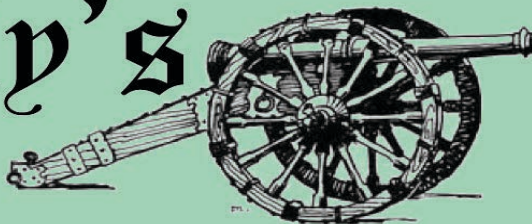
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FOOD

Weekly Dish

Continued from page 46

Mints Avalanche Sundae features Common Man-made mint-flavored chocolate ice cream with marshmallow swirls and crushed Thin Mints topped with hot fudge, whipped cream and a Thin Mints cookie. The sundaes cost \$6 and will be at the restaurants through March 24, according to a press release. The Common Man will donate \$1 from the sale of each sundae to the Girl Scouts of the Green and White Mountains, the release said. This is the sixth year the Common Man has helped the Girl Scouts raise money with an ice cream dessert. Find more on the Common Man at thecman.com.

For your own box (or seven) of Thin Mints, Do-Si-Dos, Samoas, Tagalongs, Trefoils, Savannah Smiles, Ducle de Leche or Thank U Berry Munch cookies, booth sales will run through the end of March. See girlscoutsgwm.org to use the cookie locator, which will give you a calendar of booth sales in your area, or call 627-4158 ext. 201. (For cookies on the go, there is also a Girl Scout Cookie app for your phone.)

• **Corned beef season:** Begin your St. Patrick's Day celebration with the community supper at Grace Episcopal Church, 30 Eastman St. in Concord, on Friday, March 15, from 5 to 6 p.m. The menu includes corned beef and cabbage and all the fixings plus homemade apple crisp. The meal is free though donations to support the Take-A-Tote Ministry (which helps to feed Concord's hungry school children) are accepted, according to a press release. Call 224-2252 or go to graceeastconcord.org.

And then on Saturday, March 16, head to Arlington Street United Methodist Church, 63 Arlington St. in Nashua, from 4:30 to 6:30 p.m., for their family-style corned beef & cabbage supper. Dinner there costs \$10 for adults, \$9 for seniors and \$6 for children ages 6 to 11. The menu includes corned beef and cabbage, vegetables, bread, a beverage and dessert and there will be a bake sale during the supper, according to a press release. (The parish nurse will also be there to do free blood pressure checks.)

Or, head to Chester Congregational & Baptist Church (www.chesternhchurch.org, 887-4799) on Saturday, March 16, from 5 to 7 p.m. for their St. Patrick's Day dinner in the Chester Multi-purpose Room, 84 Chester St. This New England corned beef dinner will include Irish music and costs \$12 per person for adults, \$5 for children under 12.

• **Tasty (healthy) learning:** The Concord Food Co-op (24 South Main St. in

Concord, 225-6840, concordfoodcoop.coop) has a series of events on the schedule to help you eat and/or cook healthier. On Tuesday, April 23, from 6:30 to 7:30 p.m., it's "Digestion and Probiotics" with Dr. Jacqueline Rho, N.D., at the Concord City Council Chambers, 37 Green St. in Concord. Learn how to maintain good digestive health and the role probiotics can play in your health, according to a press release. On Tuesday, May 21, from 6:30 to 7:30 p.m., it's "Food Sensitivities and Your Health" with Dr. Laura Jones, N.D., at the Fire Department HQ Training Room, 24 Horseshoe Pond Lane in Concord. Jones discusses food sensitivities and how they can impact health. On Tuesday, Aug. 20, from 6:30 to 7:30 p.m., it's "Reintroducing the Vegetarian Diet" Erin Girzone, a personal trainer and nutrition consultant, at Concord City Council Chambers. Learn about the basics and benefits of a plant-based diet. On Tuesday, Oct. 22, from 6:30 to 7:30 p.m., it's "Transforming Beans into Delicious Meals" with Hilary Warner (M.P.H., R.D. L.D, a licensed/registered dietitian) at Concord City Council Chambers. Learn how to make meals and snacks with dried and canned beans.

The Co-op also offers other non-food related holistic health series and its "Lunch & Learn at the Co-op" runs on some Thursdays from 12:15 to 1 p.m. (The programs are limited to eight students; call to register.) Upcoming topics are fish oils and omega 3 on March 14, probiotics on March 28 and whole food vitamins on April 25.

• **And speaking of healthy learning:** If you're free Monday, March 11, from 6:30 to 7:30 p.m., call to find out if there's a slot for the "Cooking Matters" series at St. Joseph Hospital, 172 Kinsley St. in Nashua, www.stjosephhospital.com. The class, the second in a two-part series, is called "Reinventing Weeknight Cooking for Families on the Go." The cost is \$5. Call 595-3168 or go online to register (which is required).

• **Think about that next bite:** Aryaloka Buddhist Center, 14 Heartwood Circle in Newmarket, will hold a "Before, During & After Each Bite: A 3-Step Guide to Mindful Eating Retreat" from 7 p.m. on Friday, March 15, through 3 p.m. on Sunday, March 17, at the center. Eating mindfully can help you develop new eating behaviors, according to the press release. The cost is \$145 to \$225 and includes lodging, all meals and instruction. Call 659-5456, go to www.aryaloka.org or email info@aryaloka.org.

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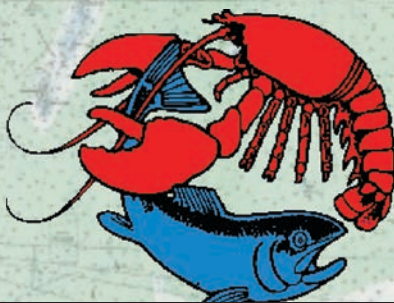
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FOOD PERISHABLES

Beer

From vermouth to sherry, cooking with alcohol is an age-old practice. While I have the most experience cooking with wine (and cooking while drinking wine), I decided to try beer this week.

I don't drink a ton myself but am surrounded by beer lovers. My very handy uncle visited this past weekend to help work on our house, and he can't get enough of Smuttynose, which is brewed locally here in Portsmouth where I live. In his honor, I decided to make a dinner based around his favorite brewing company.

My lack of experience cooking with beer led me to the overwhelming world of Internet research. What kind of beer is best for cooking? What pairs best with what food? I knew if I relied solely on my college experience, it'd be Busch Light all around, and something told me that wasn't the way to go.

As expected, online there was as much variety in these answers as there were recipes from which to choose. In one of the beer forums I visited, a user remarked that a person should always cook with a beer he likes. This seemed reasonable to me since whatever beer you end up cooking with will impact the flavor of your dish. I came across a man who only cooked with Coors Light, and I'm sure his cuisine was always laced with a hint of the Rockies.

It was clear to me that I needed to decide what I wanted to cook first and then go from there. If it were summer, I'd begin on the grill. But, since we're slowly saying



goodbye to winter, an inside meal was the wiser choice. In addition to considering the setting, I needed to consider my audience: two grown beer-loving men who worked on a house all day. I needed "man food." I needed meat. No, I needed sausages.

After deciding on a sausage dish, picking the beer with which to cook them was easy. I read a few blogs recommending brown ales and went with my Uncle's trusty Smuttynose Old Brown Dog Ale. Even Smuttynose's website recommended pairing this beer with sausages, so I knew I was on the right track. I found a very simple and delicious-sounding recipe on Allrecipes.com and went to town. The result was perfection. Needless to say, I think I can talk my uncle into returning and helping us with the house again.

— Allison Willson Dudas

Sausages with Pepper, Onion and Beer

from Allrecipes.com

Serves 6 (makes a lot!)

- 3 tablespoons olive oil
- 3 pounds Italian sausage links
- 3 red bell peppers, sliced
- 2 green bell peppers, sliced
- 2 large red onions, sliced
- 3 cloves garlic, chopped
- 2 (12 fluid ounce) bottles beer
- 1 (6 ounce) can tomato paste
- 3 tablespoons chopped fresh oregano
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons hot sauce
- Salt and pepper to taste

Heat olive oil in large skillet over medium high heat. Begin by browning sausage on each side and then setting aside. Pour one bottle of the beer into the pan, stirring to get any food particles remaining from its bottom. Add peppers, onions and garlic into the pan along with remaining beer and tomato paste. Cover and simmer until onions and peppers are tender. Slice sausages into smaller, bite-size pieces, add to pan and cook through. Serve on sandwiches, with sauerkraut, beans or whatever you'd like.

50 ▶ & Lounge, The Peddler's Daughter, Saffron Bistro, Surf and Villa Banca. See downtown-nashua.org/spring-restaurant-week for updates, links to the restaurants' web pages and information on some of the restaurant week specials.

• **SEAN MINOR WINE DINNER** Napa East Wine Lounge & Shop (12 Murphy Drive in Nashua) will hold a wine dinner with Sean Minor, owner and

winemaker of Sean Minor Wines from Carneros and Napa Valley, on Thurs., March 7. A meet and greet will start at 5:30 p.m. with a dinner featuring Minor's wine to start at 7 p.m. The dinner costs \$65; call 595-9463 for reservations. See www.napaeast.com.

• **EPICUREAN DINNER** Culinary students at the Nashua Technology Center and Concord High School will make the hors d'oeuvres for the New Hamp-

shire Epicurean Dinner held by the American Culinary Federation of Professional Chefs on Friday, March 8. Taste what these future chefs have to offer from 6 to 7:30 p.m. at the Crowne Plaza in Nashua and then sit down for a five course Asian fusion dinner prepared by the chefs of the Hilton Garden Inn in Manchester, Crowne Plaza in Nashua, Nestle Professional, Southern New Hampshire 54 ▶

A scoop of honey can keep you energized for a workout. The natural source of carbs boosts the performance and endurance of our muscles, while the nat-

In a medium bowl, whisk together honey, soy sauce, pineapple juice and red pep-

But before you go to bed, try whipping up this quick pork or chicken marinade for dinner. It's quick and simple and can be made to your own preferences or specifications. You'll want to estimate the proportions of ingredients based on the number of pieces of meat you plan on cooking. The sweetness of the honey and pineapple is cut by the saltiness of the soy sauce and a hint of heat from the pepper, making this a well-rounded display of flavor. Add a side of rice for a light dish and top with a slice or two of pineapple to round out the meal. — *Lauren Mifsud* 🍷

per flakes. Liberally season pork chops or chicken with salt and pepper. Marinate the meat in the honey and soy sauce mixture (the longer the better). Grill or bake until desired doneness (pork to at least an internal temperature of 160 degrees). Plate and serve while hot with a side of rice and pineapple slices for an edible garnish.

A promotional graphic for Shorty's restaurant. The background is a textured, light brown color. At the top, the word "SHORTY'S" is written in a stylized, red, outlined font. To its right, the phrase "WHAT'S GOING ON?" is written in a large, bold, black, sans-serif font. Below "SHORTY'S" are three green stars. The main body of the graphic is divided into two columns. The left column features the text "MONDAY IS" in a small, black, sans-serif font, followed by "KID'S NIGHT" in a large, bold, black, sans-serif font. Below this, it says "98¢ Kid's Meals * 4pm-Close*" in a smaller, italicized, black, sans-serif font. The right column features the text "LIVE MUSIC" in a large, bold, black, sans-serif font. Below this, it says "Thu in Manchester/Nashua" and "Fri & Sat in Bedford" in a smaller, italicized, black, sans-serif font. At the bottom, the left column features the text "TWO FOR TUESDAY" in a large, bold, black, sans-serif font, followed by "DINNER FOR 2 \$19.99" in a smaller, bold, black, sans-serif font. The right column features the text "FAJITA WEDNESDAYS" in a large, bold, black, sans-serif font, followed by "\$9.99 Includes All Fajitas" in a smaller, italicized, black, sans-serif font. At the very bottom, the website "WWW.SHORTYSMEX.COM" is written in a bold, black, sans-serif font, with "BEDFORD. MANCHESTER. NASHUA" in a smaller, bold, black, sans-serif font below it. There are three green stars on the left and three green stars on the right of the website address.




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FOOD JUST DESSERTS

Pie

Indulge me for a moment. I am, you see, a geek as well as a baker. And March 14 is coming. Which can mean only one thing: Pie. Or perhaps I should say pi. (Get it? 3/14. 3.14)

Thus, it seems an appropriate moment to talk a bit about the considerable science behind pie crust. The basic ingredients are quite simple: flour, fat (generally butter or vegetable shortening), salt, and water. But the chemistry that occurs when these elements are mixed and baked is far more complex.

First is the interaction of water and flour. When the two meet, strands of gluten are formed; the more gluten formed, the tougher the resultant crust. What this means for the baker is that it is important not to add more water than necessary, even if it would make the dough smoother and easier to handle. It is also essential not to work the dough too long, which would allow more gluten to develop.

Next is the fat. When a pie crust dough is rolled out, thin sheets of fat form. In the oven, the water in the butter or shortening forms little pockets of steam in the crust, creating a flaky texture. Therefore, leaving some sizable pieces of fat in the dough — rather than incorporating it all completely — yields a flakier crust.

So what fat to use? Butter has superior flavor but yields a dough that can be hard to



work with; shortening makes for a pliable dough and tender crust, but lacks flavor.

I have taken to using a mix of the two, to balance the strengths and weaknesses of each option. Though I am usually a butter purist, handling pie crust is enough of a challenge that I am willing to turn to shortening to make the process a bit more manageable.

The directions in the recipe below are the ones that I have learned, over time, work for me. I do not, like so many pie-makers, claim that my approach will yield a perfect crust, but it is certainly a good starting point. Enjoy! — Sarah Shemkus

Potentially perfect pie crust

This recipe is based on lots of recipes and research.

2¾ cups flour
½ teaspoon salt
½ teaspoon baking powder
½ cup vegetable shortening
½ cup unsalted butter, very cold
1 tablespoon white or cider vinegar
8 to 12 tablespoons ice water

Leave butter in the refrigerator or freezer until needed.

Whisk together dry ingredients in large bowl. Work in shortening until it is thoroughly incorporated into the flour mixture. Working quickly, remove butter from refrigerator or freezer and slice into very thin pieces. Toss butter slices into mixture,

coating evenly with flour. Using a pastry cutter or two knives, cut the butter into mixture a few times, but leave large flakes intact.

Sprinkle mixture with vinegar and 7 to 8 tablespoons of ice water and use fork to incorporate liquid and gather dough together. If dough is not sticking together, add more ice water a little at a time.

Separate dough into two pieces. Form each piece into a circle, wrap in plastic wrap, and refrigerate for at least 30 minutes.

When ready to bake, turn dough onto a floured surface and roll into a circle big enough for your pie plate (about 13 inches for a 9-inch plate). Fill, trim, and bake as directed in your pie recipe.

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52 ► University and Frederick's Pastries, according to a press release. There will also be a jazz trio and a silent auction. Tickets cost \$60 or \$480 for a table of 10 (\$25 each for students). Contact Samantha Connors at 566-0575 or samantha-connors@live.com for reservations.

• **SECOND SUNDAY JAZZ BRUNCH** March 10, 11 a.m.-2 p.m. Winter Garden Cafe (Currier Museum of Art, 150 Ash St., Manchester); made-to order

omelets, pancakes, yogurt bar, fresh pastries, seasonal fruit, sausage, bacon, smoked salmon, etc. Music by Off the Cuff. Reservations recommended, especially groups of 8 or more; call 669-6144, ext 110. \$15 (\$7 for kids).
• **MUD SEASON MICRO-BREW VS. WINE DINNER** Thurs., March 21, at 6 p.m. Zorvino (226 Main St., Sandown, 887-8463) pairs wines and four local breweries pair beers with four-course tapas menu. \$49.95

per person. Visit zorvino.com.

• **SOUTHERN FRIED DINER THEATRE** Majestic Diner Theatre Company presents Southern Fried Murder at The Chateau Event Center (201 Hanover St., Manchester) Fri., April 19, and Sat., April 20, at 7 p.m.; Sun., April 21, at 1:30 p.m. Audience participation in murder mystery set in Dixie with spoofs on famous Deep South characters. Call 669-7469 or visit majestictheatre.net.

Heart of the Grape

Wine tasting and benefit in one

By Stefanie Phillips
food@hippopress.com

The only thing better than being able to try a variety of wines is trying them for a good cause, especially a local one.

I recently attended the Heart of the Grape Wine Tasting Benefit, where all of the monies raised benefit the Concord Hospital Breast Care Center and the Genetic Counseling Program. It was the eighth annual event, but my first.

At an event like this, it can be difficult to find different wines or try something new, with more than 100 wines available for sampling and an eager crowd. I try to use a few strategies when attending a wine tasting: look for wines I have never tried before and stick with mostly reds for consistency.

I tried wines from two New Hampshire wineries at the event: LaBelle Winery and Candia Vineyards. **LaBelle's Corazon** was one of my favorites of the night. This unique, blush wine is a blend of 95 percent seyval blanc and 5 percent red raspberry that is off-dry, similar to a rose. I also tried the **Seyval Blanc**, a French hybrid grape that produces a crisp white wine with citrus notes. This wine reminded me of a sauvignon blanc but was very smooth.

Another LaBelle wine I enjoyed was **Dulce**, a sweet dessert wine made from vidal grapes and spiced with cinnamon, vanilla and pure New Hampshire maple syrup. This wine pleasantly surprised my palate. I'd recommend it for a cold winter's night or at the end of a traditional holiday meal.

At the Candia Vineyards table, I tried the **Noiret**, a wine with intense pepper and mocha overtones. It is dry yet intense and rich. Candia Vineyards is the first to grow this cold-hardy grape in New Hampshire and has received multiple awards for it. Like LaBelle's Dulce, this wine would be great on a cold night or with a hearty meal. I also tried **Candia Vineyards' Ice Storm**, a dessert wine that is intensely sweet but very pleasant. It too has won multiple awards.

At the New Hampshire Distributors table, I sampled **Shock Top Honeycrisp Apple Wheat** beer, a unique blend of Bel-

gian wheat beer and sweet apple cider. While this sounds like a weird combination, it is light, refreshing and delicious. Shock Top recommends this beer for the warm spring days ahead, though it could easily be enjoyed year-round.

Martignetti Companies of New Hampshire sponsored the rest of the wine tables, and while there were some duplicates, I found a few I really liked.

One of my favorite red wines of the night was **Lot 205 No. 1 Red** from California, a blend of about 50 percent merlot, 36 percent cabernet sauvignon and 10 percent petite sirah. This wine has fruit-forward aromas of plums, black cherries and figs, with flavors of dark fruit, tobacco and a hint of cocoa. Recommended pairings for this wine include barbecue, polenta, stews and semisoft cheeses.

One of the most fun wines I tried all night was **Angove's Zibibbo Sparkling Moscato** from Australia. This wine is light and refreshing, with aromas of citrus. With low alcohol content, this is the perfect wine to enjoy at brunch or as a dessert wine. According to the winemaker, this wine "shouts of celebration and exuberance."

A notable white wine at the event was **SeaGlass Sauvignon Blanc** from California, a favorite of my friend who attended the tasting with me. This wine makes me long for the beach. It has aromas of lemons, limes and grapefruits, with flavors of tangerines and citrus. This wine "captures the free feeling of endless summer" and is fermented in stainless steel tanks to help maintain the varietal's delicate qualities.

It was fitting that this fundraiser supported a great cause like this one at Concord Hospital. Grapes produce anti-oxidants in the body, due to their high levels of polyphenols, which actually makes wine in moderation good for you. Resveratrol, found in grape skins and seeds, keeps the heart muscles flexible and healthy. Grapes are also known to help prevent cancer formation, provide essential minerals and vitamins, and aid the digestive system.

Of course, I always love a nice wine tasting, but this one really had heart. 🍷

Drink Listings
Beer/wine dinners
• **SEAN MINOR WINE DINNER** Napa East Wine Lounge & Shop (12 Murphy Drive in Nashua) will hold a wine dinner with Sean Minor, owner and winemaker of Sean Minor Wines from Carneros and Napa Valley, on Thurs., March 7. A meet and greet will start at 5:30 p.m. with a dinner featuring Minor's wine

to start at 7 p.m. The dinner costs \$65; call 595-9463 for reservations. See www.napaeast.com.
• **WINENOT WINE DINNER** And get even more wine talk when WineNot Boutique in Nashua hosts a wine dinner on Tues., March 19, at Giorgio's Restaurant in Pennichuck Square in Merrimack. Social hour starts at 6:30 p.m. with dinner starting at 7 p.m. The meal will include

five dishes, each paired with wine chosen by WineNot owner Svetlana Yanushkevich, who will discuss the pairing. The dinner costs \$70 per person; RSVP by calling 204-5569 or to winenot-boutique@yahoo.com. The menu includes flash fried scallops with roasted red peppers and lobster cream sauce; goat cheese apple and pecan salad; pumpkin ravioli in a brown butter sage sauce;

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SPEC-17

DRINK

Red, white and green

This week we tried two sparkling white wines, one from California and one from France.

Our first sparkling was the **Gloria Ferrer Sonoma Brut** (\$19.99). For a sparkling wine, brut means it's on the sweeter side of dry, as opposed to extra brut or brut natural (but this is a still a dry wine with little residual sugar). The color was a light gold with a slight copper cast to it. For a nose we got marzipan with apple and honey. We tasted it chilled and found that honey and apple (a honey crisp) with a bit of acid and bitterness in the neighborhood of pink grapefruit. Though the wine is quite light, it provides a full mouth feel and lots of texture and flavors.

Our second white sparkling wine comes from France. It's the **Andre Delorme**



Blanc de Blanc Brut Reserve (\$13.99) from the Burgundy region. This Andre Delorme is a classic Champagne style sparkling wine made from chardonnay and aligote varietals. The color was a white gold with a slight hint of yellow. The nose is very light with notes of citrus and pear. We tried this chilled and found it to be very crisp with tangerine, green apple and a bit of sweetness.

Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank.

Unless otherwise noted, the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet.

Spartan roasted lamb with wild rice, oregano-rosemary potatoes, fresh vegetables and a tzatziki sauce, and strawberry-coconut tiramisu. See www.winenotboutique.com or call 204-5569.

• **MUD SEASON MICRO-BREW VS. WINE DINNER** Thurs., March 21, at 6 p.m. Zorvino (226 Main St., Sandown, 887-8463) pairs wines and four local breweries pair beers with four course tapas menu. \$49.95 per person. Visit zorvino.com.

• **COMEDY NIGHT BEER DINNERS** Wednesdays at Holy Grail Pub (64 Main St., Epping, 679-9559) with live entertainment, food, cold beer. \$34 per person. See holygrailrestaurantandpub.com.

from WineNot (170 Main St., Nashua, 204-5569), Saturdays 5-7 p.m., taste six wines from classic wine-producing countries and those lesser known while discussing styles, terroir, philosophy and selection. Begins March 23. \$210, email winenotboutique@yahoo.com to RSVP.

• **WINE SOCIETY** (650 Amherst St., No. 9, in Nashua, 883-4114; winesociety.us) offers classes for wine lovers of all levels. New sessions start every few months. Call for schedule.

• **WINENOT BOUTIQUE** (170 Main St., Nashua, 204-5569, winenotboutique.com), offers six-week courses on different subjects related to wine. Sign up for all six classes or for individual sessions.

League. All are free on the following: March 8, Harvest Market (Bedford) 4-7 p.m.; March 22, Sullys (Goffstown) 4-6 p.m.; March 23, A Market (Manchester) noon-3 p.m.; March 30, the Drinkery (Londonderry) 6:30-8:30 p.m.

• **IN THE MIX KITCHEN SERIES** at New Hampshire Liquor & Wine Outlets superstore (25 Coliseum Ave., Nashua) with local restaurants pairing meals with wine and spirits. Free, noon to 2 p.m. every Saturday.

• **VARIETAL TASTING** Monthly, first Thursdays 5-8 p.m. The Wine Studio (53 Hooksett Road, Manchester) discusses and samples five wines from different countries, regions and wineries from one grape. Visit thewinestudioh.com or call 622-9463.

• **ATTREZZI** 78 Market St., Portsmouth, 427-1667, attrezzinh.com, Fridays at 3 p.m.; Saturday and Sunday at 1 p.m.

• **BUTTER'S** Weekly wine tastings at Butter's Fine Food and Wine, 70 N. Main St., Concord, 225-5995, butterfinefood.com, Usually Tuesdays, 4:30 to 7:30 p.m., times and days vary.

• **CORNUCOPIA WINE AND CHEESE MARKET** 4 Front St., Exeter, 772-4447, holds a tasting every Friday from 4 to 7 p.m.

• **DOVER WINE STORE** 364 Central Ave., Dover, 742-WINE (9463), doverwine.com, on Fridays, 4 to 6:30 p.m. and Saturdays, 1 to 4 p.m.

• **THE DRINK SHOPPE** 214 Central St., Hudson, 578-1130, thedrinkshoppe.net, holds a free beer and steak tasting Fridays from 4 to 6 p.m.

Beer/wine making classes

• **ST. PATRICK'S BREWFESTS** 6 p.m. Thurs., March 7, and Fri., March 8; IncrediBREW (112 Daniel Webster Hwy, Nashua) brew beer, then return in two weeks to pick it up. \$35 per case; \$60 for two of Irish Dry Stout, Double Dublin, Irish Red Ale and more. Call 891-2477 to reserve.

• **HUMANE SOCIETY WINE-FEST** IncrediBREW (112 Daniel Webster Hwy, Nashua) winemaking event to benefit the Humane Society for Greater Nashua. Fri., March 15, at 6 p.m.; \$65 for six bottles. Call 891-2477.

Weekly/monthly tastings

• **ANIMAL RESCUE LEAGUE WINE TASTINGS** IncrediBREW (112 Daniel Webster Hwy, Nashua, 891-2477) events to benefit the Animal Rescue

Beer/wine tasting classes

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this week's nutrition tip:

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Whether you need a snack to hold you over between meals or a quick pick-me-up, there are plenty of healthy snack choices that are sure to satisfy your cravings for sweet, salty or crunchy. Try to choose foods packed with protein, fiber or healthy fat (polyunsaturated fat or monounsaturated fat) as they help you feel full while practicing portion control. Satisfy your hunger without sabotaging your diet with these simple snack ideas that weigh in at 200 calories or less.

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- Hannaford 94% Fat-Free Buttered Microwave Popcorn Mini Bag (120 calories)
- Mini pizza with toasted Pepperidge Farm® 100% Whole-Wheat Mini Bagel (100 calories),
- 4 tablespoons Ragú® Pizza Sauce (30 calories), 1 Cabot™ Sharp Light Cheddar Cheese slice (60 calories); heat in microwave for 30 seconds or until cheese melts

Sweet & Crunchy Snacks



- One small Chiquita® banana (90 calories) and 14 whole natural almonds (95 calories)
- Kashi® TLC Trail Mix Chewy Granola Bar (140 calories) and Mott's® Natural Applesauce (50 calories)
- 1 sliced apple (80 calories) with 1 tablespoon peanut butter (94 calories)
- Dannon® Light & Fit® 4 oz. cup (60 calories) with 1 cup halved fresh strawberries (49 calories) and 1 kiwi (45 calories)

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Londonderry Hannaford
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Wednesdays, 10 a.m. - 6:30 p.m.
Fridays, 10 a.m. - 2 p.m.

Concord Hannaford
73 Fort Eddy Rd.
Thursdays, 1:30 p.m. - 8 p.m.



Marilyn Mills, MS, RD, LD, CDE

Marilyn is available at the
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79 Bicentennial Dr.
Mondays, 10:30 a.m. - 1:30 p.m.
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Manchester Hannaford
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Thursdays, 10:30 a.m. - 8 p.m.;
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Includes listings for lectures, author events, book clubs, writers' workshops and other literary events.

To let us know about your book or event, e-mail Kelly Sennott at ksennott@hippopress.com. To get author events, library events and more listed, send information to lings@hippopress.com.

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POP CULTURE

MUSIC, BOOKS, GAMES, COMICS, MOVIES, DVDS, TV AND MORE

Sin Fang, *Flowers* (Morr Music)



Icelandic gentle-noise-indie from Seabear leader Sindri Már Sigfússon under the supervision of Sígur Rós producer Alex Somers. Now that I've crashed the Hippo server once and for all with weird ASCII characters and verified that Sigfússon is a charter member of the Icelandic weirdo club, it's pleasantly surprising the accessibility of these tunes, which taken together constitute a retrospective of the last few years, pointing to such influences as Animal Collective ("Feel See"), Raveonettes ("See Ribs") and Grizzly Bear ("Catcher"), all of

this stuff having to pass a general inspection for a slight OK Go rock-out factor. Some of this stuff is crazy good, if not crazy-original, while the filler – what little there is of it – would be prime-cuttage for bands like Dale Earnhardt Jr. Jr. If it means anything, I'll be playing this in the car, possibly. **A-** — *Eric W. Saeger*

Ari Hest, *The Fire Plays* (Project 4 Records)



Like TV On the Radio's Tunde Adebimpe, Hest is in his mid-30s and possessed of a croaky soulfulness when in chillout mode. There are no rockouts with Hest, however; his thing is stripped-to-the-hooks radio-folk, a little bit Paul Simon, a little bit Amos Lee, but mostly evoking Warren Zevon, whose much-missed wryness and simple, natural, effortless way with rock-tinged makes-you-think Americana has been resurrected/rebooted for this generation – the Zevon likeness is outright ghostly on "Winter of

Yes," for example. Prolificacy is part of the equation also; Hest pulled off the "Project 52" in 2009, writing and recording one song a week for one year, thus there was a lot of stuff to choose from during the planning stage of this one, which eventually centered around a concept of foregoing distraction for being present in life. The sounds run a gamut of hayloft-indie on "All Because," halcyon-cowboy haze on "Couldn't Have Her," and a dead-on Seal-soundalikesness during the chorus for "Set in Stone." **A** — *Eric W. Saeger*

PLAYLIST

A Seriously Abridged Compendium of Recent and Future CD Releases

- It sure looked like a soft target, but "Gotta Get Over," the new single from **Eric Clapton's** forthcoming LP *Old Sock*, isn't that bad at all. Maybe I'm being nice because, you know, I'm forced to hear horrible music all the time, but then again the tune itself is OK for what it is, your basic fedora-hat bar-blues with totally shredding guitar to bum out regular readers of Guitar Player. Clapton's voice tries out some Molly Hatchet growl, which is funny of course. Not everyone can sing with that adenoid-rattling Molly Hatchet rasp. It's an inborn talent, like those kids in first grade who can flip their eyelids inside-out or eat their own boogers.

- **Bon Jovi**, gahh. Once upon a time, Bon Jovi had the awesome songwriter Desmond Child around – we've talked about this before – and every time Jon or Richie came into the studio with some cockamamie song they'd made up while watching *The Flintstones*, Desmond Child would fix it, like how some mechanics can make a Lamborghini out of a 1985 Celica. Since those days, this awful band keeps trying and missing, like on their new album *What About Now*. The title track starts out with a 1980s-new-wave shoegaze sort of guitar line, which made me all like, wow, that's cool, and then it turns into the usual epic fail, with Jon singing and trying to find notes that fit well together, but the notes just can't get along. Why can't Bon Jovi's notes just get along?

- The *Sound City-Real To Reel* documentary movie comes out next week on DVD or Blu-Ray, depending on your family's assigned caste. It is the story of when Foo Fighter Dave Grohl bought the legendary custom-built Neve 8028 recording console from Sound City Studios of Van Nuys, Calif., a studio in which many famous albums were recorded, like 1975's *Fleetwood Mac*. I mention this not because rock 'n roll is about to become good again, but because there's a slight chance that this bizarre fascination with antique analog may make it tolerable at least.

- **Orianthi** is the clever stage name for girl-guitarist Orianthi Panagaris, who was supposed to play lead guitar on Michael Jackson's *This Is It* concert series, which of course didn't ever happen. Her third album is out next week, and it is titled *Heaven in this Hell*, and you should buy it for your mom if you need some brownie points, because she totally sounds like Pat Benatar, but like a jacked-up Pat Benatar who can totally shred with a guitar-axe, which is all your mom really wanted out of life, if you want the truth. — *Eric W. Saeger*

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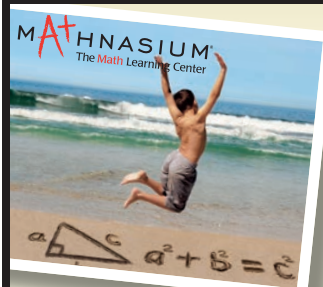
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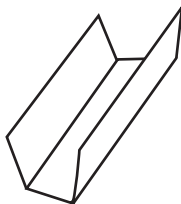
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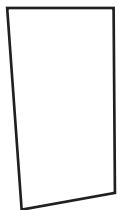


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POP CULTURE BOOKS

Mastermind: How to Think Like Sherlock Holmes, by Maria Konnikova (Penguin, 259 pages)

Sherlock Holmes is more than a hundred years old, but the curmudgeonly sleuth has been reincarnated more times than Madonna. Most recently, Gregory House of television's *House, M.D.*, is said to have been based on him, appropriate since Holmes' creator, Sir Arthur Conan Doyle, was a Scottish physician. And both Robert Downey Jr. and Benedict Cumberbatch, in their recent portrayals, have contributed a brooding sexiness that guarantees his continued appeal. The newest incarnation is on *Elementary* on CBS, featuring Johnny Lee Miller as Sherlock in present day New York.

Brilliant, then, is Maria Konnikova's decision to capitalize on the detective's popularity, freshly fueled by the BBC drama *Sherlock* and Cumberbatch, its star. (If you haven't heard of the actor, you will: There are 41,000 devoted "Cumberbitches" on Twitter.)

There's no indication that Konnikova is one; she's a Harvard graduate studying for a doctorate in psychology at Columbia University, no slouch in the brain department herself. In *Mastermind*, she proposes to make us all think a little more clearly, to operate more like Holmes, less like his amiable sidekick, Dr. John Watson. Even those possessed of average IQs can change our habits of thinking to produce dramatic advances in brainpower, Konnikova posits. "Your brain can be one quick study if it wants to be," she promises.

Konnikova grew up listening to tales of Holmes' fantastic capabilities, read by her father at bedtime. There were plenty of stories from which to choose: Conan Doyle introduced the fictional detective in 1887 and featured him in four novels and 56 short stories. That Konnikova knows the body of work is clear; *Mastermind* quotes liberally from the stories and books, as well as the TV show. She uses the interaction between the detective and his assistant to define two systems of thinking: Holmesian and Watsonian.

"Think of the Watson system as our naïve selves, operating by the lazy thought habits — the ones that come most naturally, the so-called path of least resistance — that we've spent our whole lives acquiring. And think of the Holmes system as our aspirational selves, the selves that we'll be once we're done learning how to apply his method of thinking to our everyday lives — and in doing so break the habits of our Watson system once and for all."

To lead us poor Watsons out of the land of fuzzy, rote thinking, Konnikova first explains how we think and remember — or don't



remember, as the case may be. We only truly know what we can remember, of course, and the key to Holmes-like awareness is filing information in our "brain attic" so that it can be summoned readily. Our brains file and discard much information automatically, without conscious effort. But we can make our attics more organized and accessible by deliberately making associations to previous

memories, and most importantly, by cultivating motivation to remember. Motivation and interest are keys to the attic. Yes, this seems intuitive, and much of this material is, but Konnikova makes it seem pressing and fresh.

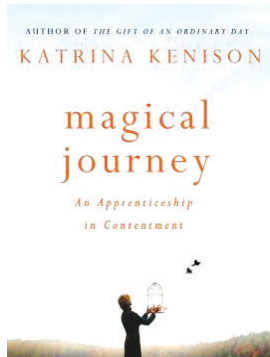
The enemies of clear thinking include instinct, emotion and multi-tasking, the latter of which actively impairs the focus that Holmesian thinking requires. Attention is both limited and finite, Konnikova says, and when we pay attention to everything, we pay attention to nothing. Our eyes receive 10 billion bits of information per second, edit them, and pass on to the brain 11 million snippets of data. "Of that, we are able to consciously process only about 40," Konnikova writes. And how we process that information is influenced by disparate things like moods and weather.

The essence of the Holmes system is the development of good habits that overcome our natural mental inertia, the wandering state that lets us go 10 minutes, or an hour, or 10, on autopilot, without true awareness. We may see inattentiveness as a personal failing, but it's actually a natural state, our brain's default position. This logy state even has a name: the Default Mode Network, and evolutionarily, it plays a role. It allows us a break from energy-sucking hyper-awareness, yet allows the mind to monitor our surroundings for any approaching threats that need us to snap back rapidly to full attention. (Fun fact: When our brains are at peak awareness, working at full throttle, our pupils dilate just like they do when we stare at someone to whom we're attracted. So, maybe the person gazing at you with full pupils loves you passionately, or maybe they're feverishly doing equations in their left brain.)

Like a wandering mind, *Mastermind* at times repeats itself, and, as noted, many of its recommendations are intuitive. Anyone unfamiliar with Sherlock Holmes might want to make his acquaintance before picking up this book; without knowledge of the detective and his gifts, *Mastermind* might be a study in perplexity. But longtime readers of Conan Doyle will enjoy it and possibly emerge a little brainier, and the Cumberbitches will be positively enraptured. **B+**

— Jennifer Graham





Book Report

• **Six words or less:** Can you write your memoir in six words? The Nashua Public Library (2 Court St., Nashua, 589-4610) is holding a contest that challenges locals to give it a try. The winner will receive a selection of gift cards for eateries in downtown Nashua worth \$50. The winner will be chosen by Mary Johnson, author of *An Unquenchable Thirst*; Nashua High School South English head Susan Rourke; and Lisa Allen, literature instructor at Southern New Hampshire University. They're looking for clarity, originality, cleverness and style. The deadline is Monday, April 1. Visit tinyurl.com/nplmemoir to read the complete rules and submit your memoir.

• **News about NHIA creative writing programs:** The New Hampshire Institute of Art launched a new low-residency Master of Fine Art degree program that will be housed at its Sharon Arts campus in Peterborough, according to a press release on the institute website. These MFA degrees will be offered in visual arts, photography, creative writing and writing for stage and screen. There will be open house informational sessions on Saturday, March 16, 10 a.m. to noon, and Tuesday, March 19, 6 to 8 p.m., at the Sharon Arts Center Gallery, 30 Grove St., Peterborough. Visit nhia.edu.

• **Learn to be content:** Peterborough resident Katrina Kenison is visiting the Milford Toadstool Bookshop, 614 Nashua St., Milford, 673-1734, on Saturday, March 9, at 11 a.m., to talk about and sign her book, *Magical Journey: An Apprenticeship in Contentment*. This intimate account tells of a year of loss, self-discovery and growth. She's also the author of *Mitten Strings for God: Reflections for Mothers in a Hurry* and *Meditations from the Mat: Daily Reflections of the Path of Yoga*. Visit toadbooks.com. — Kelly Sennott

BOOK & LECTURE LISTINGS

Author events

- **RUTH NEMZOFF** will speak about her book *Don't Roll Your Eyes: Making In-Laws Into Family* at the Nashua Public Library, 2 Court St., Nashua, 589-4610, on Thurs., March 7, at 7 p.m.
- **KATRINA KENISON** signs her new book *Magical journey: An Apprenticeship in Contentment* at Milford Toadstool Bookshops, 614 Nashua St., Milford, 673-1734, on Sat., March 9, 11 a.m.-12:30 p.m.
- **SEAN FERRELL** discusses and reads from *Man in the Empty Suit* at RiverRun Bookstore, 142 Fleet St., Portsmouth, on Wed., March 13, at 7 p.m. Call 431-2100, visit riverrunbookstore.com.
- **TODD MCLEISH** will read from and discuss *Narwhals: Arctic Whales in a Melting World* on Wed., March 13, at 7 p.m., at RiverRun Bookstore, 142 Fleet St., Portsmouth, 431-2100, river-

runbookstore.com.

- **RANDY SUSAN MEYERS** talks about *The Comfort of Lies* on Thurs., March 14, at 7 p.m., at Gibson's Bookstore (27 S. Main St., Concord, 224-0562).
- **SUSAN KIETZMAN** discusses *The Good Life* on Thurs., March 16, at 6 p.m., at Water Street Bookstore, Exeter.
- **ABI MAXWELL** discusses *Lake People* at Gibson's Bookstore, 27 S. Main St., Concord, gibsonsbookstore.com, on Thurs., March 21, at 7 p.m. Call 224-0562, email gibsons@totalnetnh.net.
- **SABIN WILLETT** signs *Abide with Me* at Gibson's Bookstore, 27 S. Main St., Concord, 224-0562, on Thurs., March 28, at 7 p.m. Email gibsons@totalnetnh.net.

Lectures and discussions

- **ABRAHAM'S PATH: A WALK TO PEACE** by Dr. Joshua Weiss at the Mariposa Museum (26 Main St., Peterborough,

924-4555, mariposamuseum.org) on Fri., March 8, at 7 p.m. Admission \$5.

- **ROGER LACERTE** will talk about French of New Hampshire and New England on Mon., March 11, 3-4 p.m., at Nashua Public Library, 2 Court St., Nashua.
- **KOREA, LAND OF CONTRAST** travelogue by Buddy Hatton on Wed., March 13, at 7:30 p.m., at the Concord City Auditorium, 2 Prince St., Concord. Free.
- **AWAKENING DRAGON: CHINESE ECONOMIC REFORMS SINCE 1978** lecture on Sun., March 17, at 2 p.m., at 2 Court St., Nashua, 589-4610, by UNH Professor Chris Reardon. Free. No registration required.
- **LLOYD KAUFMAN** discusses his films at the Seacoast Repertory Theatre (125 Bow St., Portsmouth, 433-4472) on Wed., March 20, as part of the Rep's Red Light Series Troma-Fest. Visit seacoastrep.org for ticket information.
- **DISCOVERING THE DUTCH** travelogue by Sandy Mortimer on Wed., March 20, at 7:30 p.m., at the Concord City Auditorium, 2 Prince St..
- **GREAT FIRES: CONFLAGRATIONS THAT RESHAPED NEW ENGLAND** lecture series throughout the year at the Research Library of the Portsmouth Athenaeum, 9 Market Square, Portsmouth. Reservations for each program required. Call 431-2538, ext. 2. Free. Events are at 7 p.m. *Four Days of Fury* will be shown on Wed., March 20, detailing the largest forest fire in NH in 1941.
- **SYRIA: WHAT'S REALLY GOING ON** lecture by Dr. Deina Abdelkader on Sat., March 23, at 11 a.m., at the Nashua Public Library, 2 Court St., Nashua, 589-4610. Free. No registration required.
- **CONCORD AND PENACOOK DURING THE CIVIL WAR: FACT AND FICTION** local historical program with Mike Pride and Mark Travis, on Wed., April 3, at 7:30 p.m., at the Concord City Auditorium, 2 Prince St., Concord. Free.

Book discussions

- **AMHERST TOWN LIBRARY** Wednesday afternoon book club meets on the second Friday of the month at the library, 1-3 p.m. Visitors and/or new members always welcome (call in advance). Amherst newcomers group meets Thursday evenings at 7:30 p.m. Visit the library for titles.
- **ANIME CLUB** at Nashua Public Library for grades 8-12 meets on the first Tuesday of the month at 4 p.m.

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POP CULTURE FILM

Changing our approach

Documentary challenges health care status quo



Escape Fire: The Fight to Rescue American Healthcare will show at Wilton Town Hall Theatre. Courtesy photo.

By Jeff Mucciarone
jmucciarone@hippopress.com

While the U.S. spends the most money on health care and nearly as much money on pharmaceutical drugs as the rest of the world combined, that spending doesn't yield particularly good results. As much as 75 percent of the U.S. population suffers from preventable diseases. That's according to the documentary film *Escape Fire: The Fight to Rescue American Healthcare*.

Amherst resident Jo Deckert wants people to question this country's approach to health care. That's why, as part of a free monthly documentary series sponsored by the New Hampshire Green Coalition, Deckert is screening *Escape Fire*, on Sunday, March 10, at 4:30 p.m. The documentary delves into how health care is delivered in this country, in terms of cost, process and attitude.

"My whole goal for showing the film is to get people to think a little bit differently about conventional health care," Deckert said.

The coalition's documentary series runs monthly at the Wilton Town Hall Theatre.

"The basic mission is to just shed light on current issues, and it has ranged from political to social to environmental films," Deckert said.

Prior films include *Inside Job*, which examines the recent financial meltdown; *GasLand*, which tackles natural gas drilling in this country; and *We're Not Broke*, which hits on how corporations avoid paying taxes. The series recently featured *Genetic Roulette: The Gamble of Our Lives*, which looks at genetically modified crops and foods.

Escape Fire fits that mold as it investigates the medical industry and pharmaceutical companies. Of course, it's timely, with health care a major topic both nationally and in New Hampshire. The state is considering whether to expand its

Escape Fire: The Fight to Rescue American Healthcare

When: Sunday, March 10, 4:30 p.m.

Where: Wilton Town Hall Theatre, 40 Main St., Wilton, 654-3456

Medicaid program as part of the Affordable Care Act.

Deckert said the film reveals that many prescription drugs don't work or are even potentially harmful to people.

"The pharmaceutical industry is an industry, and like all corporations, it's designed to make a profit, so they're not going to feel guilty if they lobby Congress to keep a Medicare provision or to prevent a provision that allows government to negotiate lower drug prices," Deckert said. "They're going to lobby like crazy."

She mentioned that the U.S. and New Zealand are the only two countries in the world that allow the pharmaceutical industry to advertise on television.

"I just want people to question that," Deckert said. "Do I really think medication is the best way or could I just start to get healthy? All of us know what to do: exercise, avoid processed foods, sugar, but obviously, it's a little easier said than done."

The central message is simply to not accept that the U.S. health care system is the best in the world because that's what you've been told, Deckert said.

"You really have to take responsibility to educate yourself about what kinds of health care really work," Deckert said, adding there are doctors who focus on natural and homeopathic treatments, as opposed to prescription medicine. "I just feel so strongly about this particular film."

Deckert said screenings average about 60 people, with a high of 200. Experts will lead discussions following each film. While she hasn't finalized selections yet, Deckert is considering *Chasing Ice* and *Fresh* for the next two films. 🍷

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Jack the Giant Slayer**(PG-13)**

The story of the kid named Jack and those magic beans gets a CGI-laden reworking in *Jack the Giant Slayer*, another one of these new-take-on-a-fairy-tale movies.

Enough of us saw 2010's *Alice in Wonderland* and are watching *Once Upon a Time* and so we're going to be getting these puppies until they start to run low on tights and prop swords.

Jack (Nicholas Hoult) is a mopey young man, living on a farm with his uncle who mistreats him and thinking back to rosier days before his father died of the plague. Princess Isabelle (Eleanor Tomlinson) is also missing a dead parent and chafes under the demands of her father, King Brahmwell (IanMcShane), who wishes she wouldn't run off in search of adventure and wants her to instead settle down and marry his too-old adviser Roderick (Stanley Tucci).

Jack and Isabelle have a brief meeting in town — she's there to escape the confines of the palace and he's there to sell a horse, which he ends up trading to a monk for some allegedly magic beans. (This isn't as dumb as it sounds.) Later, Isabelle (who is sneaking away from the palace) winds up at Jack's farm and just as they are getting some good flirting going, one of the beans gets wet and starts to grow into a massive stalk, taking the house with it up into the sky. Isabelle and Jack are separated so when King Brahmwell arrives, Jack can explain what happened and volunteers to join the rescue party up the stalk, where legend says they'll find a land inhabited by giants. Joining the party are Roderick, who is all shifty-eyed and up to no good, and brave knight Elmont (Ewan McGregor), who is just there to, I don't know, give the moms in the audience something to look at.

Because Ewan McGregor is almost 42.



Jack the Giant Slayer

Heavy sigh.

There is a lot going on in *Jack the Giant Slayer*. There's the dead parents angle, the Roderick situation, Isabelle's longing for adventure, Jack's longing for her, giants, the ancient armistice between giants and people, and the fact that Ian McShane needs at least three good "thus I proclaim"-type scenes or else he's just wasted. But like a kid receiving too many toys at Christmas, the movie can't seem to focus on any one of these things for long. Nor does it really know how to fit it all together. There are moments of cleverness: some cute editing that shows us the similarities in the home lives of Isabelle and Jack. But then we get an extended scene of two secondary characters fighting and I found myself wondering if the movie really knew where it was going with any of its subplots.

Also, I have a bone to pick with the way this movie ends — a near impossible thing to discuss without completely giving away the story. The movie makes a choice about who is the ultimate hero that feels untrue both to the rules of the world it's created and to the characters and tone it set up.



After a less-than-perfect mix of plots, characters and CGI-heavy action, this final disappointment left me feeling like one of the few potentially fresh things about this story boiled into blandness. Add to that a confusing coda and you have a movie full of a jumble of ideas but not one clear plotline. **C**

Rated PG-13 for intense scenes of fantasy action violence, some frightening images and brief language. Directed by Bryan Singer with a screenplay by Darren Lemke and Christopher McQuarrie and Dan Studney and a story by Lemke and David Dobkin, Jack the Giant Slayer is an hour and 54 minutes long and distributed by Warner Bros.

21 & Over (R)

A young pre-med student takes full advantage of being legal to drink in 21 & Over, one of those one-crazy-night movies from, not surprisingly, writers of *The Hangover*.

Jeff Chang (Justin Chon) — or, as his friends call him, "JeffChang" — is celebrat-

ing his 21st birthday with a lecture from his dad (Francois Chau) about why the following morning's interview with a med school is so important. But high school buddies Miller (Miles Teller) and Casey (Skylar Astin) have just shown up to surprise him with a night on the town carousing. Casey, being mature and responsible, agrees that they can just go out for one beer but when we see JeffChang having shots poured directly into his mouth later in the evening, it appears that all-id Miller has won. And thus begins a night of wacky drinking antics: JeffChang and Miller have a run-in with some frat guys who keep appearing throughout the night, Casey attempts to hit on free-spirit girl Nicole (Sarah Wright) and, after JeffChang drinks himself into a stupor, Miller and Casey trudge hither and thither trying to figure out where his apartment is so they can get him to bed to rest up for his morning interview.

I hated the first 10 minutes of this movie — "ugh" is how I felt listening to Miller's "edgy" patter about Casey's teenage sister and the academic prowess of Asian kids and how drunk they are going to get that night and on and on with his oily mix of a poor man's Zach Galafianakis, a bad John Belushi impression and just a little Bill Murray circa *Stripes*. But somewhere between Casey's smooth-awkward attempts to hit on Nicole and the genuine concern that Casey and Miller start to show for their friend, this movie sort of a little bit won me over, by which I mean I was able to relax and not white-knuckle hate it. Beneath all the "woo-hoo, let's drink" stuff, there are some actual interesting things going on about the transition from the responsibility-free hedonism that is some people's college experience to the buckle-down real world. And the movie does a pretty good job of examining the idea of how friendships can change over time — your bestest

REVIEWLETS

* indicates a movie worth seeing. For reviews, go to hippopress.com.

****Argo* (R)**

Ben Affleck, John Goodman. Tense, fun, fast-paced and exceptionally well done, this spy caper is based on the true story of the Iranian take-over of the American embassy in Tehran. **A**

***Beautiful Creatures* (PG-13)**

Viola Davis, Emma Thompson. Make way for another YA adaption: a girl with a magical heritage is on the cusp of becoming either good or evil. And, of course, there's a boy... **B-**

***Broken City* (R)**

Russell Crowe, Mark Wahlberg. A former police officer gets tangled up in the machinations of a powerful mayor in the world's most boring political corruption story. **C-**

***Bullet To The Head* (R)**

Sylvester Stallone, Sung Kang. Sylvester Stallone is a hit man who teams up with a cop to avenge his partner. **C**

***Dark Skies* (PG-13)**

Keri Russell, Josh Hamilton. Creepy stuff happens to a totally normal family — it was the "totally normal" part that doomed them. **C+**

***Dead Man Down* (R)**

Colin Farrell, Noomi Rapace. Directed by Niels Arden Oplev, director of the Swedish language *The Girl with the Dragon Tattoo*, (and starring that movie's "Girl," Noomi Rapace), *Dead Man Down* also features Terrence Howard in a tale of revenge and, according to the trailer, stuff blowing up. Opens Friday, March 8.

****Django Unchained* (R)**

Jamie Foxx, Christoph Waltz. A bounty hunter gets a former slave, Django, to join him on a quest to hunt down the man who took Django's wife. Lot of violence, killing and racial epithets — but, yes, also one of the best movies of the year. **B+**

***Escape from Planet Earth* (PG)**

Jane Lynch, Craig Robinson. Plucky aliens mount a rescue mission for a colleague captured on earth in this animated feature. **C+**

***Gangster Squad* (R)**

Sean Penn, Ryan Gosling. Emma Stone, Josh Brolin, Michael Peña and Anthony Mackie also appear in this tale of 1940s Los Angeles and a cops versus mobsters battle of wills. **C-**

***Identity Theft* (R)**

Jason Bateman, Melissa McCarthy. Bateman must battle scam artist McCarthy to get his identity back. **C**

***The Last Exorcism Part II* (PG-13)**

Ashley Bell, Louis Herthum. A sequel to the kinda interesting horror movie about a former fake exorcist who discovers a real possession, this movie follows the possessee, Nell. Opened Friday, March 1.

***Les Misérables* (PG-13)**

Anne Hathway, Hugh Jackman. As well as Russell Crowe, Amanda Seyfried and Helena Bonham Carter. Dream a dream of a two and a half hour movie. **C+**

***Life of Pi* (PG)**

Surjai Sharma, Irrfan Khan. Based on the Yann Martel novel, a teen-

age boy finds himself adrift in the ocean with a Bengal tiger. The big buzz here is the use of 3D in a serious film. **C+**

****Lincoln* (PG-13)**

Daniel Day-Lewis, Sally Field. One of the most important men in American history makes a film about Lincoln (little Steven Spielberg joke to welcome you to Oscar season!). **B**

***Movie 43* (R)**

Elizabeth Banks, Gerard Butler. Wherein 12 directors produce 12 storylines that offer zero comedy. **D-**

***Oz the Great and Powerful* (PG)**

James Franco, Michelle Williams. Plus Mila Kunis and Rachel Weisz, rounding out the trio of witches Oscar Diggs meets when he travels via hot air balloon from Kansas to the Land of Oz. Opens Friday, March 8.



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POP CULTURE FILM



21 & Over

besties from high school might seem like just distant acquaintances after the separation of four years of college. (A situation that then repeats itself with the people you saw daily during four years of college.) The friendships you have between ages 14 and 22 are intense but often short-lived, which can be sad and strange and scary and makes for moments of actual emotion amid all the dude-ness.

Helping this script along in its journey from total cliché to cliché with humanity are the actors, who all have some amount of likeability to them. Astin seems to specialize in a sort of snarky earnestness (his character here is similar in tone and adorableness to the one in *Pitch Perfect*). Teller might be trying to hard too hit the notes sung by loud-dudes of college comedies past, but somewhere in there we see glints of a

real person. And while the Jeff Chang character is frequently more prop than person (not unlike the groom in the first *Hangover* movie or Rebel Wilson's dress in *Bachelorette*), he also gets a little something to do here and there as a kid who doesn't have his life as together as first it appears.

21 & Over is probably officially Part of the Problem when it comes to media portrayals of binge-drinking and general jerkishness. But its surprising moments of heart save it from complete worthlessness. **C+**

Rated R for, like, everything a movie can be rated R for: for crude and sexual content, pervasive language, some graphic nudity, drugs and drinking. Written and directed by Jon Lucas and Scott Moore, 21 & Over is an hour and 33 minutes long and is distributed by Relativity Media.

SCREEN SHOT

Revolution

If you like your post-apocalyptic drama but you can't take the bone-crunching and blood spurting of *The Walking Dead* (or the characters' choices are just so infuriating it gives you a stress headache), might I suggest some *Revolution*?

Revolution, which airs on NBC, was one of the better new shows last fall. That isn't so much a full-throated endorsement as it might sound (2012 won't be setting any records for awesomeness) but I will give a full-throated endorsement for Billy Burke, who plays this series' Han Solo, Miles Matheson. The basics: 15 years ago, the power went out all over the world. (No cell phones, no refrigerators, no cars — plenty to nitpick here for the more science-minded.) The government has fallen and the country is now controlled by militias.



After her father is killed and her brother is kidnapped by one such warlord's army, Charlie Matheson (Tracy Spiridakos, playing a variation on *The Hunger Games*' Katniss) sets off to get her brother back. She seeks out her uncle, Miles, a former militia leader turned Rick-from-*Casablanca*-like bar owner. He joins in the quest and helps to give the movie a bit of an edge. (Burke is probably best known recently for playing Sheriff Swan in the *Twilight* movies — usually showing up to deliver any of the movies' better scenes.) If you need a new bit of hour-long escapism, you could do worse than *Revolution*, which blends action and character development reasonably well and is perhaps the most fun for the way it encourages the "what would we do" discussions.

Revolution returns Monday, March 25, and airs at 10 p.m. The first 10 episodes are available via Comcast On Demand and online at nbc.com (where you can find the pilot episode with writer and producer Eric Kripke and director and producer Jon Favreau, which is also available with some of the episodes on NBC's app).

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RED RIVER THEATRES
11 S. Main St., Concord, 224-4600, www.redrivertheatres.org
• *Argo* (R, 2012) Thurs., March 7, at 2, 5:30 & 8:15 p.m.; Fri., March 8, at 2, 4:30 & 8:40 p.m.; and Sat., March 9, through Tues., March 12, at 2 p.m.
• *Quartet* (PG-13, 2012) Thurs., March 7, at 2:05, 5:35 & 7:45 p.m.; Fri., March 8, and Sat., March 9, at 1:30, 3:45, 6 & 8:20 p.m.; and Sun., March 10, at 1:30, 3:45 & 6 p.m.
• *Amour* (PG-13, 2012) Thurs., March 7, at 2, 5:25 & 8 p.m.; Fri., March 8, at 2, 5 & 8 p.m.; Sat., March 9, at 2 & 5 p.m.; and Sun., March 10, at 1 p.m.
• *Carbon Nation* (NR, 2010) Fri., March 8, through Mon., March 11, at 7 p.m. with an additional screening at 2 p.m. on Sun., March 10.
• *The Big Lebowski* (R, 1998) Sat., March 9, at 8 p.m.
• *The Penguin Pool Murder* (NR, 1932) on Sun, March 10, at 4 p.m.
• *Cinema Paradiso* (R, 1988) Sun., March 10, at 4 p.m.
• *Wonder Women!* (NR, 2012) Tues., March 12, at 6:30 p.m.
• **Independent Lens** Red River Theatres partnered with New Hampshire Public Television to present a free monthly series of screenings and discussions featuring films from the PBS series Independent Lens. The screenings will take place on one Tuesday per month at 6:30 p.m. through June 2013: March 12, April 9, May 14, June 11.
• *Searching for Sugar Man* (PG-13, 2012) Wed., March 13, at 2, 5:30 & 7:30 p.m.; and Thurs., March 14, at 2 & 7:30 p.m.
• *Hugo* (PG, 2011) Thurs., March 14, at 6 p.m.
• *Koch* (2012) documentary, Fri., March 15, at 7 p.m.
• *The Guard* (R, 2011) Sun., March 17, at 4 p.m.
• *Yojimbo* (1961) Tues., March 19, at 5:30 p.m.
• *Nairobi Half Life* (2012) Thurs., March 21, at 7 p.m.
• *Ben Hur* (1925) silent film with live musical accompaniment, Fri., March 22, at 7 p.m.
• **Wild & Scenic Film Festival** Fri., March 29, at 6:30 p.m. Visit NHrivers.org.
• *Love Free or Die* (2012) documentary, Thurs., April 4, at 7 p.m.

WILTON TOWN HALL
40 Main St. in Wilton, 654-3456, wiltontownhalltheatre.com
• *Zero Dark Thirty* (R, 2012) Thurs., March 7, at 7:30 p.m.
• *Quartet* (PG-13, 2012) Thurs., March 7, through Thurs., March 14, at 7:30 p.m. with an additional screening at 2 p.m. on Sun., March 10.
• *Hyde Park on Hudson* (R, 2012) Fri., March 8, through Thurs., March 14, at 7:30 p.m. with additional screenings on Sunday, March 10, at 2 & 4:30 p.m.
• *The Singing Nun* (1966) Sat., March 9, at 4:30 p.m.
• *Escape Fire: The Fight to Rescue American Healthcare* documentary, Sun., March 10, at 4:30 p.m.

FRANCO-AMERICAN CENTRE
Saint Anselm College, 100 Saint Anselm Drive, Manchester, www.facnh.com.
• Cinema Mardi, on the third Tuesday of each month at 7 p.m. Film in French with English subtitles.

PALACE THEATRE
80 Hanover St., Manchester, 668-5588, www.palacetheatre.org
• *Half the Sky* (2012) documentary, Tues., March 26, at 7 p.m.

MANCHESTER CITY LIBRARY
405 Pine St., Manchester, 624-6550, www.manchester.lib.nh.us
• *Vertical Limit* (PG-13, 2000) Wed., March 13, at 1 p.m.
• *Driving Miss Daisy* (PG, 1989) Wed., March 20, at 1 p.m.
• *Flipper* (PG, 1996) Wed., March 27, at 1 p.m.
• *'Tillie's Punctured Romance* (1914) silent film with live musical accompaniment, Tues., April 2, at 6 p.m.
• *Going My Way* (1944) Wed., April 3, at 1 p.m.

WEST BRANCH COMMUNITY LIBRARY
76 N. Main St., Manchester, 624-6560, www.manchester.lib.nh.us.
• *Robot and Frank* (PG-13, 2012) Fri., March 8, at 3 p.m.
• *Wreck-it Ralph* (PG-2012) Fri., March 15, at 3 p.m.
• *Rise of the Guardians* (PG, 2012) Fri., March 22, at 3 p.m.

• *Lincoln* (PG-13, 2012) Fri., March 29, at 2:30 p.m.

SOUTHERN NEW HAMPSHIRE UNIVERSITY
Robert Frost Hall, 2500 River Road, Hooksett, www.snhu.edu
• *Glory* (R, 1989) Wed., March 13, at 7 p.m.
• *Touch of Evil* (PG-13, 1958) Wed., March 27, at 7 p.m.
• *Pandora's Box* (NR, 1929) Wed., April 10, at 7 p.m.

CONCORD PUBLIC LIBRARY
45 Green St., Concord, 230-3682, www.onconcord.com/library.
• **Movie nights** Thurs., March 21, at 6:30 p.m. Call 225-8670 for title.

GOFFSTOWN PUBLIC LIBRARY
2 High St., 497-2102, www.goffstownlibrary.com
• **Movie Matinee** (PG) Tues., March 12, at 1 p.m.

NHTI
Sweeney Auditorium, 31 College Drive, Concord, 230-4000, ext. 4101, www.nhti.edu. Friday night films are open to the public. Admission is free with a \$5 suggested donation.
• *The Black Book* (1949) Fri., March 22, at 7 p.m.

NASHUA PUBLIC LIBRARY
NPL Theater, 2 Court St., Nashua, 589-4600, www.nashualibrary.org. Call 589-4646. Seating is limited. Cinema Cabaret screens adult films on Tuesdays at 7 p.m. and the family film series screens on Saturdays at 2 p.m.

RODGERS MEMORIAL LIBRARY
194 Derry Road, Route 102, Hudson, www.rogerslibrary.org. Call 886-6030 for titles.
• **Cinema Celebration**, Thurs., March 14, at 6:30 p.m.

KELLEY LIBRARY
234 Main St., Salem, 898-7064, www.kelleylibrary.org, features a movie night the first Thursday of the month at 6:30 p.m.
• *How Green Was My Valley* (1941) Fri., March 8, at 6:45 p.m.

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Nite Roundup

By Michael Witthaus
mwitthaus@hippopress.com

• **Laugh attack:** Jerry Caruso riffs on his Italian heritage while Dennis Wirth mines real life as a divorced dad for laughs, but expect a bit of Irish for this St. Patrick's show. Veteran comics Caruso and Wirth are the headliners, but the bill promises a "showcase of friends" — a Facebook guest list includes many talented names that could step up. Attend Joke In the Box on Thursday, March 7, at 8 p.m. at JD Chaser's Bar & Grill, 28 Burnham Road in Hudson. See denniswirth.webs.com.

• **Return engagement:** Winter Storm Nemo forced the rescheduling of last month's James Montgomery show. The blues harp player has a new album with help from many big-name guests. Paying it forward, he's using the Manchester show to spotlight a local player, guitarist Kim Riley, also a member of Dylan tribute band Napoleon in Rags. See James Montgomery Band on Friday, March 8, at 9 p.m. at Milly's Tavern, 500 Commercial St. in Manchester. See facebook.com/millystavernnh.

• **Party band:** Their name has something to do with the Revolutionary War's end, or a small town in Tennessee, or Florida folk fans' antipathy for rock 'n' roll music or reality star Paris Hilton. Whatever story might be behind the moniker, Without Paris brings a crowd-pleasing blend of party favorites to the stage, a cover band with the polish of an arena act. See Without Paris on Saturday, March 9, at 9:30 p.m. at Whippersnappers, 44 Nashua Road in Londonderry. See withoutparis.com.

• **"A" Train game:** For its first concert of the season, The Capitol Center Jazz Orchestra is joined by Brooklyn-based Metta Quintet and vocalist Patty Barakas for a tribute to American music icon Duke Ellington, performing the legendary bandleader's hits — "Mood Indigo," "Satin Doll," "It Don't Mean a Thing If It Ain't Got That Swing" and others. Attend "A Moment In Time, A Tribute To Duke Ellington" on Sunday, March 10, at 4 p.m. at Capitol Center for the Arts, 44 S. Main St. in Concord. Tickets are \$20-\$45 at ccanh.com.

• **Unchained:** Max Cavallera left Sepultura in 1997 to form Soulfly, focusing on spiritual themes following the death of his stepson. Soulfly's current tour includes supporting acts featuring either sons or stepsons of Cavallera; the group is promoting *Enslaved*, a concept album released last year. See Soulfly, Lody Kong and Incite on Wednesday, March 12, at 5 p.m. at Arena, 53 High St. in Nashua. General admission tickets to the 18+ show are \$20, available at ticketmaster.com.

NITE No borders

Genre-less Tan Vampires carve their own niche

By Michael Witthaus
mwitthaus@hippopress.com

When Jake Mehrmann gets on the phone, he and the Tan Vampires are barreling down I-95, somewhere between Baltimore and New York City. It's near the end of an eight-day mini-tour that began on the Seacoast and hit six states before wrapping up in Manhattan and returning for more local gigs, including one March 8 at the Shaskeen in Manchester.

Frenetically ranging far from home — even in winter's bleakest days — is strategic, believes Mehrmann.

"When you can get any music you want on the Internet, being the band that can hand you the CD may be one of the only ways to prosper," he said. "The shaking of hands and meeting of people ... stuff like that matters a great deal."

The music of Tan Vampires is a faster-moving target. Metallica meets Radiohead on "Fake Southern Drawl," from their 2011 album *For Physical Fitness*, but it bears no resemblance to "Playing by the Rules," a spare, percussive new song unveiled at a recent NHPR in-studio performance. "I Can Hear Them in the Dark" has jagged edged guitar licks — Tom Verlaine by way of Picasso — tempered by unearthly keys. To sum it up is futile.

"I Found a Body" confounds at multiple levels. Another song from the debut CD, it's at turns beautiful, terrifying, lilting and eerie. Lines like "I found a body to call my home/and dozens of roses left by the phone" inspired some fans to choose it as wedding music.

"I noticed that pre-twentysomething girls blog that song on Tumblr pretty frequently," said guitarist Nick Phaneuf.

But consciously or not, they skip past the loss limning the song's refrain: "There's nothing about the world that any of us have learned to change/we still know nothing."

Mehrmann, the band's chief lyricist, shrugs off the occasional misinterpretation.

"I think it's inevitable, and sometimes



Tan Vampires perform at Dyntini. Photo by Katlyn O'Hara.

it will add more depth to what I thought the song had," he said. "The more possible ways people can find meaning in it the better."

He's less charitable with attempts to pin down the band's style. Asked which comparisons he likes and which are annoying, Mehrmann said, "They all tend to annoy me. ... We do pretty consciously try *not* to sound like any one of our influences. For that reason I don't like when people compare us to those things."

Phaneuf doesn't mind as much.

"If someone compares my guitar to Television at all I'd be deeply satisfied," he said. "When an astute listener pulls something out, I'm really gratified."

Tan Vampires formed in 2009, as Mehrmann looked to give his solo work foundation and depth.

"I always pictured these guys as the band," he said.

That includes Phaneuf, keyboard wizard Mike Effenberger, drummer Jim Rudolf, bass player Mike Filitis, with Chris Klaxton on trumpet and guitar.

Phaneuf and Effenberger help shape a Mehrmann lyric into a Tan Vampires song.

"The way the process works is based on Jake selecting musicians he likes," said Phaneuf. "He's asking me to do what comes

naturally [and] I think that's true for the rest of the band. That's what makes it Tan Vampires — we're most like ourselves."

The Dover-based group wears its home state moniker proudly.

"There's a reason why we're the musicians we are, and a lot of that has to do with being from New Hampshire," said Mehrmann. "I don't think we're ever going to tell anyone we're a Boston band."

Apart from Mehrmann's well-groomed soul patch/mustache combination, Tan Vampires are quite hirsute — does Granite State pride explain all the band's facial hair? Not really; nor is there another deeper meaning.

"The story is, shaving is too time-consuming," said Phaneuf, who sports a bushy Fu Manchu himself. "I wanted to come up with an explanation like a postmodern analysis of Abercrombie ads and the positive self-image of men who weren't shaven or waxed — but it's not really like that." 🐻

Tan Vampires with Old Abram Brown and Tim Kile

When: Friday, March 8, at 9 p.m.

Where: The Shaskeen, 909 Elm St. in Manchester

More: tanvampires.com

Nightlife Listings Music, comedy & parties

• **THE SIDE STREET STRUTTERS** will perform at the Elm Street Middle School (117 Elm St., Nashua) on Thurs., March 7, at 8 p.m. The group is a seven-piece jazz ensemble and has regular performances at Disney Land. Tickets are available by calling 888-9158 or 318-1792 or by visiting cityartsnashua.org. Visit nashuacommunityconcerts.org.

• **BOSTON JEWISH MUSIC FESTIVAL** Sat., March 9, at Temple Beth

Abraham (4 Raymond St., Nashua). Tickets are \$20 in advance or \$25 at the door. Call 1-800-838-3006 or visit bostonjewishmusicfestival.org.

• **THE BRASIL GUITAR DUO** will perform at the Silver Center for the Arts (17 High St., Plymouth) Thurs., March 14, at 7 p.m. Tickets are \$30 for adults, \$28 for seniors and \$15 for youth. Call 535-2787 or visit plymouth.edu/silver-center.

• **WOLFMAN CONSPIRACY** will perform at Crotched Mountain (615 Francetown Road, Bennington) Sun.,

March 17, at 11 a.m. Call 588-3668 or visit crotchedmountain.com/midnight_madness.html.

• **ORIGINAL MUSIC VENUE** at Riverwalk Cafe & Coffee House (35 Railroad Square, Nashua) every Friday, 7:30-10 p.m. Open mike featuring local performers playing strictly original music. Call 578-0200 or visit riverwalkroasters.com.

Entertainment

• **SLAM FREE OR DIE** at Milly's Tavern (500 Commercial St., Man-

chester) every Thursday, 7-11 p.m. Open mike slam poetry series. Cover charge is \$3. Visit facebook.com/slamfreeordie.

• **SUNDAY NIGHT BALLROOM** dance parties are held weekly at Queen City Ballroom Dance Studio, 21 Dow St., Manchester, from 6 to 9 p.m. Tickets cost \$9; admission is free for first-timers. Singles and couples are welcome. Call 622-1500 or visit queencycityballroomnh.com.

• **POETS JAM** will be held at The Jam Factory at Raxx Billiards, 1211

Learning from the King

How a legend inspired a life of the blues

By Cory Francer
cfrancer@hippopress.com

Charlie Sawyer sat in the hotel room not quite sure what he had gotten himself into. It was 1968, and the kid from Concord was playing poker with one of his musical idols.

B.B. King had landed a nine-night residency at Lennie’s on the Turnpike, once a legendary blues club in Peabody, Mass. Sawyer went each night and had mustered up the courage to talk to King backstage, never expecting to get a personal invite back to his hotel room. He was ecstatic to get such close access to the star, but that excitement turned to worry for the naïve fan when King placed a few white boxes on the card table.

“B.B. said, ‘We’re coming up on Christmas and I wanted to get you all something,’” Sawyer said. “I thought, ‘Oh, God, he’s giving them drugs.’ But he gave each of them a wristwatch. It taught me how unfamiliar I was with this life.”

That encounter at Lennie’s was only the first chapter in the open book that King’s life became for Sawyer. Every time King made his way to New England, Sawyer would be there and get the same intimate access, eventually publishing a biography, *The Arrival of B.B. King*, in 1980.

As a budding blues musician himself, Sawyer absorbed everything he could from the Southern blues pioneer and brought it home to his band in Concord.

It was 1964 when Sawyer, John Hoik and Tom Wright, then all students at Concord High School, formed The Avantis. Sawyer said that with the rise of Beatlemania, the young rock band tried to emulate the Fab Four’s sounds before discovering the blues.

Though there have been some hiatuses, the trio continues to play together; their name now is 2120 S. Michigan Avenue. It’s an homage to the former Chicago address of Chess Records, the label that helped spawn the careers of Muddy Waters, Howlin’ Wolf and Etta James. Sawyer said the band’s repertoire primarily consists of tunes from this early era of Chicago blues, which they’re bringing to Manchester’s Strange Brew Tavern Friday, March 8.

Though they’ve shared musical ideas and their thoughts on the blues for nearly 45 years, Sawyer said the most important thing he’s learned from King isn’t about the notes being played on stage, but how a performer connects with the people in the audience.

“He talks to the audience and they think he’s talking to them personally,” Sawyer



Charlie Sawyer, left, takes on harmonica and vocals in 2120 S. Michigan Ave. Courtesy photo.

2120 S. Michigan Avenue

When: Friday, March 8, at 9:30 p.m.
Where: Strange Brew Tavern, 88 Market St., Manchester
Contact: Call 666-4292 or visit strangebrewtavern.net. Check out 2120 S. Michigan Avenue at sites.google.com/site/savojblues/2120-south-michigan-avenue

said. “When he’s talking to the audience it’s like it’s just you and B.B. It’s like sitting across the kitchen table with an old friend.”

Once a student of the blues himself, Sawyer is now the teacher. His course at the Harvard Extension School, “A History of Blues in America,” details the origins of the genre and how it has developed for more than a century. The classroom has seen visits from giants in the industry like J. Geils and King himself.

The blues may have its roots in the Mississippi Delta, Memphis and Chicago, but Sawyer said internationally the genre is gaining a huge following. He’s performed in the Czech Republic on numerous occasions and, more recently, visited Israel in December to experience blues in the desert.

“We filled up a good-size restaurant and bar in a city north of Tel Aviv,” Sawyer said. “The musicianship was amazing, and I thought, ‘This place is so far from home, in the Middle East, with a different language and a different culture, playing this music that is such a part of my life.’”

And while the blues has taken him around the world, from sitting at a poker table with a legend to teaching at Harvard, Sawyer said he feels luckiest sharing the stage with his buddies in 2120 S. Michigan Avenue, playing the music they love.

“This is the real deal,” he said. “It’s not blues rock. It’s not bluesy jazz. It’s real blues.”

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Green benevolence

Dervish plays for a cause in Derry

By Michael Witthaus
mwitthaus@hippopress.com

St. Patrick's Day in the U.S.A. has bemused more than one Irish citizen. After all, until the mid-1970s pubs in Ireland shut down for the centuries-old religious holiday. But the members of Dervish embrace our hearty take on their day — each pint and shamrock. In fact, the Emerald Isle band visits the States every year at this time — fortuitously, the current tour includes a last-minute benefit show at Derry's Stockbridge Theatre.

"It only lasts a day in Ireland, but you can go all month in America," singer Cathy Jordan said recently from her home in Sligo. "It's not the way we would do it in Ireland, but I love that it's such a dye-the-river-green celebration."

Working with instruments that don't plug into anything but the soul, Dervish plays honest, authentic music, its songs rich in history. "Handsome Polly-O" is an example, depicting the forbidden love of a young Irish woman and an occupying English soldier. But the story of how Dervish found the old tune is just as compelling.

The first encounter came through County Leitrim singer Fionnuala Maxwell, who performed the song and shared its origins.

"Thomas Moran had it; he was a song collector who in turn met Seamus Ennis, who collected it from him and put it on a field recording back in the 1950s," explained Jordan. "It finally made its way, this great unknown song ... it's wonderful to uncover a gem and breathe new life into it."

"Polly-O" appears on the band's new album, *The Thrush in the Storm*, a much more traditional record than their previous studio effort. 2007's *Traveling Show* included contemporary songs by Suzanne Vega and Cher. Choosing a modern cover draws from the same instincts as picking an ancient folk song, believes Jordan.

"There exist songs out there that with a tweak or two will sound like they've been around for generations — with that in mind, you listen with a different set of ears," she



Dervish will play at Derry's Stockbridge Theatre. Courtesy photo.

said, noting the Cher tune is a case in point. "I heard 'Gypsies, Tramps & Thieves' for years as a folk song ... a great story that brings you to a place and time."

The band has toured all over the world serving as an emissary for their home country. In Japan and China, Jordan was amazed at how Irish music resonated.

"They knew every word ... they were queuing up overnight for tickets and bought our records before we arrived," she said. "Such a great sense of anticipation, and each and every member of the audience wants their CD signed at the end."

Another career high point was an appearance at the Rock in Rio Festival, where they performed for more than 250,000 fans. They played a set between Sheryl Crow and Neil Young; another night found them sandwiched between two metal bands, Iron Maiden and Sepultura. Despite the improbable pairing, Dervish won over the huge crowd.

"It's incredible to have that audience love the music you're playing, to understand changes, rhythms and tunes," said

Jordan. "That doesn't happen every day."

The U.S. tour began in Wisconsin and includes a St. Patrick's Day performance in Seattle. Jordan's brother lives in the Pacific Northwest.

"I love the vibe there," she says.

The Derry show is a fundraiser for Melissa Carroll, a young artist struggling with Ewing Sarcoma cancer. Her father, singer Paul Carroll, is well-known in the Irish music scene; he and Jordan are Facebook friends.

"We do whatever we can to help in these situations," said Jordan, noting that the show came together quickly after the tour was already booked. "We had the night off ... so it all worked out, and we're delighted to help."

Dervish – Benefit for
Melissa Carroll

When: Thursday, March 7, at 7:30 p.m.
Where: Stockbridge Theatre at Pinkerton Academy, 22-98 State Highway 28 Bypass in Derry
Tickets: \$35 at www.heptunes.com

Elm St., Manchester, on Wednesdays, from 7:30 to 10 p.m. The jam is 18-plus.

- **SINGLES DANCE** held every Friday at 8 p.m. with DJ JoAnn at Daniels Hall, Route 4, Nottingham. Admission is \$12 and includes free light buffet and drinks, casual dress. Call 942-8525 or see www.singles-danceparties.com.

Karaoke

- **603 LOUNGE** 14 W. Hollis St., Nashua, 821-5260, Thursdays, 8 p.m.

- **ANTHONY'S PIER** The Pier at Weirs Beach, 263 Lakeside Ave., Laconia, 366-5855, Thursdays at 5 p.m. w/Bobby Freedom
- **BEIJING & TOKYO** 61 S. Main St., Concord, 228-0888, Fridays and Saturdays at 9 p.m.
- **CITY SPORTS GRILLE** 216 Maple St., Manchester, 625-9656, Thursdays at 9 p.m.
- **CHEN'S** 122 E. Broadway, Derry, 437-8338, Saturdays at 8:30 p.m.
- **CHEN YANG LI** 520 South St., Bow, 228-8508, Thursdays at 9 p.m.

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10. Bob Seger 'Fire __'
14. '05 Oasis hit
15. Goldfrapp '___ White Horse' (4,1)
16. Blue Rodeo's Bob
17. CCR "Come on the risin' wind, we're goin' __" (2,6,3,4)
20. 'No More Stories...' Danish band
21. Rehearsal pad, slang
22. John Fogerty "Sometimes I think life is just a __"
23. Steve Lukather band

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24. Merrick of The Damned
26. 'Turning Japanese' band
29. Sheryl Crow '___ Up The Sun'
30. What show drinks are put on
33. Star might buy a big-ticket one
34. Antony of Blue
35. "Won't you take me down to Memphis ___ midnight ride" (2,1)
36. British 'Easy To Smile' punks (9,6)
40. Cheesy agent might have spray-on one
41. Echoing foot pedal effect
42. Grammy-winning sing/songer JJ
43. 'Rehab' Winehouse
44. '72 Creedence Clearwater Revival comp
45. Manic Street Preachers '___ Apples'
47. Songwriting needs, w/paper
48. Leo and Nugent
49. Like violent moshing, slang
52. 'Promise' softrock singer
53. What Tears For Fears will do to 'The Seeds Of Love'
56. ___ Flecktones (4,5,3,3)
60. Cream "Strange ___ killing what's inside of you"
61. Bananarama's 'Summer'
62. CCR wonders 'Who'll Stop' it
63. Said after spiritual show?
64. Curses former member
65. Spacehog 'At Least ___ Laid' (1,3)

Down

1. Former member (abbr)
2. Stone Temple Pilots 'Sex ___ Thing'
3. Groupie might do this to your back
4. 'Shattered (Turn The Car Around)' band
5. Reap them for years of struggling, slang
6. Beatles drummer Starr
7. They're against talentless bands
8. Wheat 'I ___ A Girl'
9. "I know this song!"
10. Singer Simon of Duran Duran
11. Funksters 100 Proof (___ In Soul)
12. Hawaiian slack-key guitarist Ray
13. 'Songs For The Restless' rockers
18. Sweaty show "side-effect"
19. 'On & On' Badu
23. Warrant 'Uncle ___ Cabin'
24. Like domineering leader
25. 'Wanted Man' rockers
26. Buena ___ Social Club
27. Mr T show Boy George made a cameo on
28. CCR "You don't need a ___ just to hang around"
29. Mighty Mighty Bosstones '___ To Say' (2,3)
30. Relating to tonality
31. Vantage point
32. Fat Freddy's Drop '___ On A True Story'
34. '01 White Stripes album 'White Blood ___'
37. John Mayer '___ Desire' (4,2)
38. Classic keyman Russell
39. T and Vanilla
45. Stepped on by guitarists
46. '93 Luna Sea album for Adam & Eve?
47. UK ska punks King ___
48. "Spoken for" member
49. 'Winner Takes It All' 70s pop band
50. Don't want one in singer's throat
51. Fox musical show
52. Rob Zombie '___ Of The Earth'
53. Dateless Grammy attendee
54. Black Keys song about midwestern state
55. Feeder 'Yesterday ___ Too Soon'
57. 'Daft Punk Is Playing At My House' ___ Soundsystem
58. 80s music, e.g
59. 'Beneath The Wheel' thrash band

2/28

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Barnstead Barnstead Music Hall 96 Maple St., 269-2000	Davisville Muddy Pond Jazz Deal grounds of Davisville Flea Market, 805 Route 103 East (Exit 7 off I-89), 746-4000	Epsom Circle 9 Ranch Windymere Dr., 736-9656	Henniker Daniel's Main Street, 428-7621 Pats Peak Sled Pub 24 Flanders Road, 888-728-7732 The Henniker Junction 24 Weare Road, 428-8511	Hillsborough American Legion Post 59 538 W. Main St.	Hooksett Beech Hill Farm 107 Beech Hill Road	Hudson AJ's Sports Bar & Grill 11 Tracy Lane,718-1102 JD Chaser's 2B Burnham Road, 886-0792 Nan King Restaurant & Lounge 222 Central St., 882-1911	Landonerry Coach Stop Restaurant and Tavern 176 Mammoth Road, 437-2022 Mayflower Grange 535 Mammoth Road, 867-3077 Stumble Inn Bar & Grill 20 Rockingham Road Whippersnappers 44 Nashua Road, 434-2660	Laudon Graverobbers Coffeehouse Loudon Congregational Church, 7018 Church St., 783-9478	Manchester 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Boynton's Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677	Laconia Anthony's Pier Restaurant 263 Lakeside Ave., 366-5855 Baja Beach Club @ China Bistro 89 Lake St., 524-0008 Broken Spoke Saloon 1072 Watson Road, 366-5511 Cactus Jack's 1182 Union Ave., 528-7800 The Crazy Gringo 306 Lakeside Ave., 366-4411 Fratello's 799 Union Ave., 528-2022 Margate Resort 76 Lake St., 524-5210 Naswa Resort 1086 Weirs Blvd., 366-4341 Paradise Beach Club
Bedford Bedford Village Inn (BVI) 2 Olde Bedford Way, 472-2001	Deerfield Lazy Lion Café 4 North Road, 463-7374	Dunbarton Spieside Coffee House 6 Stark Highway North	Hampstead The Pasta Loft 220 E. Main St., 378-0092 Route 111 Village Square 472 State St., 329-6879	Hampton Boardwalk Inn 139 Ocean Blvd., 929-7400 Breakers By the Sea 409 Ocean Blvd, 926-7702 La Bec Rouge 73 Ocean Blvd, 926-5050 Old Salt 409 Lafayette Road, 926-8322 Sea Shell Stage on Ocean Blvd. Ron's Landing 379 Ocean Blvd, 929-2122, Wally's Pub 144 Ashworth Ave., 926-6954 Whales Tales 169 Ocean Blvd, 967-4771	Hudson AJ's Sports Bar & Grill 11 Tracy Lane,718-1102 JD Chaser's 2B Burnham Road, 886-0792 Nan King Restaurant & Lounge 222 Central St., 882-1911	Kingston Bucco's Tavern 143 Main St., 642-4999 The Kingston 1686 House Tavern 127 Main St., 642-3637	Landonerry Coach Stop Restaurant and Tavern 176 Mammoth Road, 437-2022 Mayflower Grange 535 Mammoth Road, 867-3077 Stumble Inn Bar & Grill 20 Rockingham Road Whippersnappers 44 Nashua Road, 434-2660	Laudon Graverobbers Coffeehouse Loudon Congregational Church, 7018 Church St., 783-9478	Manchester 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Boynton's Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677	Laconia Anthony's Pier Restaurant 263 Lakeside Ave., 366-5855 Baja Beach Club @ China Bistro 89 Lake St., 524-0008 Broken Spoke Saloon 1072 Watson Road, 366-5511 Cactus Jack's 1182 Union Ave., 528-7800 The Crazy Gringo 306 Lakeside Ave., 366-4411 Fratello's 799 Union Ave., 528-2022 Margate Resort 76 Lake St., 524-5210 Naswa Resort 1086 Weirs Blvd., 366-4341 Paradise Beach Club
Belmont The Lodge at Belmont Route 106, 877-872-2501 Top of the Town 88 Ladd Hill Rd, 528-3244 El Jimador Mexican Restaurant 171 DW Highway, 527-8122	Deerfield Lazy Lion Café 4 North Road, 463-7374	Dunbarton Spieside Coffee House 6 Stark Highway North	Hampstead The Pasta Loft 220 E. Main St., 378-0092 Route 111 Village Square 472 State St., 329-6879	Hampton Boardwalk Inn 139 Ocean Blvd., 929-7400 Breakers By the Sea 409 Ocean Blvd, 926-7702 La Bec Rouge 73 Ocean Blvd, 926-5050 Old Salt 409 Lafayette Road, 926-8322 Sea Shell Stage on Ocean Blvd. Ron's Landing 379 Ocean Blvd, 929-2122, Wally's Pub 144 Ashworth Ave., 926-6954 Whales Tales 169 Ocean Blvd, 967-4771	Hudson AJ's Sports Bar & Grill 11 Tracy Lane,718-1102 JD Chaser's 2B Burnham Road, 886-0792 Nan King Restaurant & Lounge 222 Central St., 882-1911	Kingston Bucco's Tavern 143 Main St., 642-4999 The Kingston 1686 House Tavern 127 Main St., 642-3637	Landonerry Coach Stop Restaurant and Tavern 176 Mammoth Road, 437-2022 Mayflower Grange 535 Mammoth Road, 867-3077 Stumble Inn Bar & Grill 20 Rockingham Road Whippersnappers 44 Nashua Road, 434-2660	Laudon Graverobbers Coffeehouse Loudon Congregational Church, 7018 Church St., 783-9478	Manchester 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Boynton's Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677	Laconia Anthony's Pier Restaurant 263 Lakeside Ave., 366-5855 Baja Beach Club @ China Bistro 89 Lake St., 524-0008 Broken Spoke Saloon 1072 Watson Road, 366-5511 Cactus Jack's 1182 Union Ave., 528-7800 The Crazy Gringo 306 Lakeside Ave., 366-4411 Fratello's 799 Union Ave., 528-2022 Margate Resort 76 Lake St., 524-5210 Naswa Resort 1086 Weirs Blvd., 366-4341 Paradise Beach Club
Boscawen Alan's 133 N. Main St., 753-6631	Deerfield Lazy Lion Café 4 North Road, 463-7374	Dunbarton Spieside Coffee House 6 Stark Highway North	Hampstead The Pasta Loft 220 E. Main St., 378-0092 Route 111 Village Square 472 State St., 329-6879	Hampton Boardwalk Inn 139 Ocean Blvd., 929-7400 Breakers By the Sea 409 Ocean Blvd, 926-7702 La Bec Rouge 73 Ocean Blvd, 926-5050 Old Salt 409 Lafayette Road, 926-8322 Sea Shell Stage on Ocean Blvd. Ron's Landing 379 Ocean Blvd, 929-2122, Wally's Pub 144 Ashworth Ave., 926-6954 Whales Tales 169 Ocean Blvd, 967-4771	Hooksett Beech Hill Farm 107 Beech Hill Road	Hudson AJ's Sports Bar & Grill 11 Tracy Lane,718-1102 JD Chaser's 2B Burnham Road, 886-0792 Nan King Restaurant & Lounge 222 Central St., 882-1911	Landonerry Coach Stop Restaurant and Tavern 176 Mammoth Road, 437-2022 Mayflower Grange 535 Mammoth Road, 867-3077 Stumble Inn Bar & Grill 20 Rockingham Road Whippersnappers 44 Nashua Road, 434-2660	Laudon Graverobbers Coffeehouse Loudon Congregational Church, 7018 Church St., 783-9478	Manchester 900 Degrees 50 Dow St., 641-0900 American Legion Wm H Jutras & Post No 43 56 Boutwell St., 623-9467 American Legion Post #79 35 W. Brook St. American Legion Sweeney Post 251 Maple St., 623-9145 Boynton's Taproom 155 Dow St., 623-7778 Breezeway Pub 14 Pearl St., 621-9111 British Beer Company 1071 S. Willow St., 232-0677	Laconia Anthony's Pier Restaurant 263 Lakeside Ave., 366-5855 Baja Beach Club @ China Bistro 89 Lake St., 524-0008 Broken Spoke Saloon 1072 Watson Road, 366-5511 Cactus Jack's 1182 Union Ave., 528-7800 The Crazy Gringo 306 Lakeside Ave., 366-4411 Fratello's 799 Union Ave., 528-2022 Margate Resort 76 Lake St., 524-5210 Naswa Resort 1086 Weirs Blvd., 366-4341 Paradise Beach Club
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Chapanga's 168 Elm St., 249-5214 Clark's Tavern 40 Nashua St., 769-3119 J's Tavern 63 Union Sq., 249-9222 The Pasta Loft 241 Union Sq., 672-2270 Tiebreakers at Hampshire Hills 50 Emerson Road, 673-7123	Riverwalk Coffee Roasters 35 Railroad Sq., 578-0200 Simple Gifts Coffee House 58 Lowell St. 603 Lounge 14 W. Hollis St., 821-5260 Slade's Food & Spirits 4 W. Hollis St., 886-1334 Stella Blu 70 E. Pearl St., 578-5557 Studio 99 17 Factory St., 562-5179 Unums 47 E. Pearl St., 821-6500 Villa Banca 194 Main St., 598-0500 Wicked Twisted Bar & Grill 38 E. Hollis St., 577-1718, wickedtwistedbarandgrill.com New Boston Molly's Tavern 35 Mont Vernon Road, 487-2011 New London Flying Goose Brew Pub & Grille 40 Andover Road, 526-6899 Newmarket Lamprey River Tavern 110 Main St., 659-3696 KJ's Sports Bar N. Main St., 659-2329 Stone Church 5 Granite St., 650-7700 Newton Hen House Sports Bar & Grill 85 S. Main St., 382-1705 Pelham Shooters 116 Bridge St., 635-3577 Peterborough Harlow's Pub 3 School St., 924-6365 Peterborough Players Theater Hadley Road	Plaistow 2 Sisters Bar & Lounge 20 Plaistow Rd., 974-2406 Corner Pocket 181 Plaistow Rd., 382-3130 Dugout Grille 93 Main St., 819-4947 The Sad Café 148 Plaistow Rd., 382-8893 Portsmouth American Legion Post 6 96 Islington St. Blue Mermaid Island Grill hill at Hanover and High streets, 427-2583 Daniel Street Tavern 111 Daniel St. Dolphin Striker 15 Bow St., 431-5222 Fat Belly's 2 Bow St., 610-4337 Gas Light Co. 64 Market St., 431-9122 The Hilton Garden Inn 100 High St., 431-1499 Jitto's Supersteak 3131 Lafayette Road, 436-9755 Martingale Wharf 99 Bow St., 431-0901 The Music Hall 104 Congress St., 433-3100 Paddy's American Grill 27 International Drive, 430-9450 Portsmouth Pearl 45 Pearl St., 431-0148 Press Room 77 Daniel St., 431-5186 The Red Door 107 State St., 373-6827 Red Hook Brewery 35 Corporate Drive, 430-8600 Ri Ra Irish Pub 22 Market Sq., 319-1680 Rudi's 20 High St., 430-7834 Rusty Hammer 49 Pleasant St., 436-9289 Thirsty Moose Tap House 21 Congress St., 427-8645	The Wet Bar 172 Hanover St. Raymond Famous Legends Bar & Grill at Strikers East 4 Essex Drive Freetown Yankee Market 58 Route 27, 895-3418 Salem Black Water Grill 43 Pelham Road, 328-9013 Jocelyn's Lounge 355 S. Broadway, 870-0045 Murray's Tavern 326 S. Broadway, 894-9100 Sayde's Restaurant 136 Cluff Crossing Road, 890-1032 The Varsity Club 67 Main St., 898-4344 Seabrook American Legion Post 70 169 Walton Road Chop Shop Pub 920 Lafayette Road, 474-6001 Honey Pot Bar & Lounge 920 Lafayette Road, 760-2013 Master McGrath's Route 107, 474-6540 Prime Time Sports Grill 620 Lafayette Road, 760-7230 Sunapee One Mile West Tavern 6 Brook Road, 863-7500 Sunapee Coffee House Methodist Church, Route 11 Wilton Pine Hill Auditorium Pine Hill Waldorf School, 77 Pine Hill Drive Windham Jonathon's Lounge Park Place Lanes, Route 28, 800-892-0568
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Murphy's Taproom: Spiral Circus Raxx: DJ Mike Shaskeen: Tan Vampires, Old Abram Brown Strange Brew: 2120 S. Michigan Ave. Meredith Giuseppe's: Michael Bourgeois, DJ "B.O.B" Merrimack The Homestead: Marc Apostolides Milford Clark's Tavern: Gary Lopez J's Tavern: Chris Lester Pasta Loft: Scooter Way	Nashua Fody's: Merrimack Killarney's Irish Pub: Karen Grenier Old Amsterdam: Project Mess Peddler's Daughter: Mindseye Stella Blu: Rampage Trio Newmarket Stone Church: Kung Fu Peterborough Harlow's Pub: All Good::Feel Good Collective Plaistow 2 Sisters: Northeast Rhyme Syndicate Sad Café: At All Costs, Color Collective, Persona, You Were Wreckless, Alex Crouzet-Pascal	Portsmouth Blue Mermaid: Joe Young Dolphin Striker: The Royal Sons Gas Light Co.: DJ Koko P, Keith Henderson, Dan Walker Press Room: Girls, Guns and Glory Red Door: Lurob, John Arnold Rudi's: Duke & John Hunter Thirsty Moose: The Joint Chiefs Seabrook Chop Shop Pub: Stomping Melvin Honey Pot: Koolest Kids in School Sunapee Sunapee Coffee House: Kenny Weiland
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NITE MUSIC THIS WEEK
Saturday, March 9
Concord
Hermanos: The Calepittars
Loudon Road Restaurant & Pit Road Lounge: Shameless
Purple Pit: Andrew Clark, Charlie Farren
True Brew Barista: Dusty Gray, Zak Trojano

Dover
Brick House: Caught Flies, Laid to Dust, Nick the Barbarian
Fury's: All Good::Feel Good Collective
Kelley's Row: Switchblade Beat

Epsom
Circle 9 Ranch: Karen Morgan & Pony Express

Epping
Holy Grail Food & Spirits: George Belli

Gilford
Patrick's Pub: The Sundogs

Goffstown
Village Trestle: Fuzz Box

Hampstead
Pasta Loft: Side Car
Route 111 Village Square Restaurant: BFD

Hampton
Wally's Pub: Wildside

Henniker
Pats Peak Sled Pub: Jah Spirit
Reggae Band

Hooksett
New England's Taphouse Grille: DJ Chad

Hudson
Nan King Restaurant & Lounge: The Rockin' Road Dogs

Laconia
Pitman's Freight Room: TS
Review Band

Londonderry
Coach Stop: Julie Dougherty
Whippersnappers: Ript

Manchester
Boynnton's: Dueling Pianos
British Beer Co.: Cover Story
Club 313: DJ Bob
Derryfield: Last Laugh
Fratello's: Chris Lester
Jam Factory: Purging Sin New England, Persona, Nick Janowicz
Jokers: Tom Rousseau
Penuche's: Lichen
Raxx: DJ Mike
Shaskeen: Age Against the Machine
Strange Brew: Love Dogs
Wild Rover: Pop Farmers
The Yard: Fried Cactus

Meredith
Giuseppe's: Putnam Pirozzoli

Merrimack
The Homestead: Marc Apostolides

Capitol Center for the Performing Arts 44 S. Main St., Concord, 225-1111, ccanh.com
The Colonial Theatre 95 Main St., Keene, 352-2033, thecolonial.org
Dana Humanities Center at Saint Anselm College 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana
The Flying Monkey 39 S. Main St., Plymouth, 536-2551, flyingmon-keynh.com
Hampton Beach Casino Ballroom 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com
Leddy Center 38c Ladd's Lane, Epping, 679-2781, ledlycenter.org
Lowell Boarding House Park 40 French St., Lowell, Mass., www.lowellsummermusic.org
Lowell Memorial Auditorium East Merimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com
Meadowbrook U.S. Cellular Pavilion 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net
The Middle Arts & Entertainment Center 316 Central St., Franklin, 934-1901, themiddlenh.org
The Music Hall 28 Chestnut St., Portsmouth, 436-2400, the-musichall.org
The Old Meeting House, 1 New Boston Road, Francestown
Palace Theatre, 80 Hanover St., Manchester, 668-5588, palacetheatre.org
Prescott Park Arts Festival 105 Marcy St., Portsmouth, www.prescottpark.org, 436-2848
Rochester Opera House 31 Wakefield St., Rochester, 335-1992, rochesteroperahouse.com
Stockbridge Theatre Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com
Tupelo Music Hall 2 Young Road, Londonderry, 437-5100, tupelohall.com
Verizon Wireless Arena 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com
Whittmore Center Arena, UNH 128 Main St., Durham, 862-4000, www.whitt-center.com

- **Clint Black** Thurs., March 7, at 7:30 p.m., Flying Monkey
- **Peter Dinklage** Fri., March 8, at 7:30 p.m., Palace
- **George Thorogood & The Destroyers** Sat., March 9, at 8 p.m., Colonial Theatre
- **James McMurtry** Sat., March 9, at 8 p.m., Tupelo
- **The Beach Party Boys, The Jersey Kid** Fri., March 15, at 7:30 p.m., Palace
- **Big Bad Voodoo Daddy** Fri., March 15, at 7:30 p.m., Flying Monkey
- **Jefferson Starship** Fri., March 15, at 8 p.m., Tupelo
- **The Spirit of Johnny Cash** Fri., March 15, at 8 p.m., Rochester Opera House
- **Dar Williams & Patty Larkin** Sat., March 16, at 7:30 p.m., Flying Monkey
- **Dueling Pianos: Maximum Audience Participation** Sat., March 16, at 8 p.m., Rochester Opera House
- **Rusted Root** Sat., March 16, at 8 p.m., Tupelo
- **Celtic Woman** Sun., March 17, at 5:30 p.m., Verizon Wireless Arena
- **Jerrold Niemann** Sun., March 17, Colonial Theatre
- **Eddie Money** Wed., March 20, at 7:30 p.m., Flying Monkey
- **Judy Collins** Fri., March 22, at 8 p.m., Tupelo
- **The Machine** Fri., March 22, at 7:30 p.m., Flying Monkey
- **Gaelic Storm** Sat., March 23, at 7:30 p.m., Flying Monkey
- **Jon Butcher** Sat., March 23, at 8 p.m., Tupelo
- **Stick Men** Sun., March 24, at 7 p.m., Tupelo
- **Brendan James** Thurs., March 28, at 8 p.m., Tupelo
- **Brit Floyd** Thurs., March 28, at 7:30 p.m., Cap Center
- **Beatlejuice** Fri., March 29, at 8 p.m., Tupelo
- **Denny Laine and The Cryers** Sat., March 30, at 8 p.m., Tupelo

- **The FIXX** Wed., April 3, at 8 p.m., Tupelo
- **The FIXX** Thurs., April 4, at 8 p.m., Tupelo
- **Smokin' Joe Kubek and Bnois King** Fri., April 5, at 8 p.m., Tupelo
- **Sully Erna** Fri., April 5, at 8 p.m., Casino Ballroom
- **Alejandro Escovedo & The Sensitive Boys** Sat., April 6, at 8 p.m., Tupelo
- **James Montgomery & The Uptown Horns with Charlie Farren** Sat., April 6, at 7:30 p.m., Flying Monkey
- **Yes** Sat., April 6, at 8 p.m., Casino Ballroom
- **One Night of Queen** Sun., April 7, at 8 p.m., Casino Ballroom
- **The Flatlanders** Thurs., April 11, at 8 p.m., Tupelo
- **Beatlemania** Fri., April 12, at 7:30 p.m., at Manchester Central High School

NITE MUSIC THIS WEEK

Milford
Clark's Tavern: Bare Bones
J's Tavern: Napoleon in Rags

Nashua
Fody's: Chad Lamarsh
Killarney's Irish Pub: Mike Moore
Old Amsterdam: Aaron Denny
Peddler's Daughter: Jimmy's Down
Simple Gifts Coffee House: Suzie Burke and David Surette
Stella Blu: The Groove Cats

Newmarket
Stone Church: Kung Fu

Peterborough
Harlow's Pub: The Youngest Sun

Plaistow
Sad Café: No Source Found,
Young Adult Skin

Portsmouth
Blue Mermaid: Caroline Cotter
Dolphin Striker: The Brickyard Blues
Gas Light Co.: DJ Koko P, Will Metivier, Charlie Christos
Music Hall: Chris Trapper
Press Room: Whiskey Kill
Red Door: Pete Moss, Gary Kim
Rudi's: Jarod Steer Trio
Thirsty Moose: Red Sky Mary

Salem
Jocelyn's Lounge: Mike Gacek

Seabrook
Chop Shop Pub: Funnel

Sunday, March 10
Allentown
Ground Zero: We the Gathered,
Carry Your Ghost, The Pretige

Concord
Hermanos: State Street Combo

Hampton
Ron's Landing: The Read/Allan Duo
Wally's Pub: Rob Benton

Henniker
Pats Peak Sled Pub: Jah Spirit
Reggae Band

Londonderry
Whippersnappers: Jeff Mrozek

Manchester
British Beer Company: The Matt Stubbs Band
Jam Factory: Rachel Alix,
Amanda McCarthy, Driving
Nowhere, Threadweaver

Portsmouth
Dolphin Striker: Elijah Clark
Press Room: Clark Terry Jazz Festival
Rudi's: Jim Dozet

Monday, March 11
Concord
Hermanos: State Street Combo

Londonderry
Whippersnappers: Brian Maes

Manchester
Fratello's: Rob Wolfe

Meredith
Giuseppe's: Lou Porrazzo

Merrimack
The Homestead: Charlie Christos

Nashua
Old Amsterdam: This Class is Haunted
Studio 99: Ukulele Club

Portsmouth
Dolphin Striker: Old School
Press Room: Paul Combs Combo
Red Door: Audrey Ryan, Janee Halstead

Tuesday, March 12
Concord
Barley House: Traditional Irish Session
Hermanos: Joe Gattuso

Dover
Fury's: Tim Theriault and Friends

Londonderry
Whippersnappers: VJ Mark

Manchester
Fratello's: Jeff Mrozek
Milly's Tavern: Manchuka
Raxx: DJ Mike
Shaskeen: Brett Wilson
Strange Brew: Strange Brew All-Stars

Meredith
Giuseppe's: Michael Bourgeois

Merrimack
The Homestead: Paul Luff

Portsmouth
Dolphin Striker: Jim Gallant

Wednesday, March 13
Concord
Hermanos: Jon Lorentz

Dover
Fury's: The Wheel of Awesome

Gilford
Patrick's Pub: Mike Bourgeois

Manchester
Fratello's: Paul Luff
Strange Brew: John Medeiros

Meredith
Giuseppe's: Justin Jaymes

Merrimack
The Homestead: Brian Gray

Milford
Clark's Tavern: Lisa Guyer
J's Tavern: The Boogiemens

Portsmouth
Dolphin Striker: Lex & Joe
Press Room: Jim Dozet
Rudi's: Dmitri
Thirsty Moose: Jimkata

COMEDY THIS WEEK AND BEYOND

Friday, March 8
Londonderry
Tupelo: Steve Bjork,
Mitch Stinson, Chris Cameron

Lowell
Memorial Auditorium: Ron White

Manchester
Headliners: Jim Colliton

Saturday, March 9
Manchester
Headliners: Jim Colliton

Milford
Boys & Girls Club of Souhegan Valley: Paul Nardizzi, Mike Koutro-bis, Jody Sloane

Portsmouth
Music Hall: Todd Oliver

Sunday, March 10
Derry
Stockbridge Theatre: Irish Comedy Tour

Friday, March 15
Manchester
Headliners: Ira Proctor

Sat., March 16
Manchester
Headliners: Ira Proctor

Sat., March 23
Manchester
Headliners: Dick Doherty

Friday, March 29
Manchester
Headliners: Dan Crohn

Sat., March 30
Manchester
Headliners: Dan Crohn

Friday, April 26
Plymouth
Flying Monkey: Paula Poundstone

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SIGNS OF LIFE

All quotes are from *Life, the Universe and Everything*, by Douglas Adams, born March 11, 1952.

Pisces (Feb. 19 – March 20) With a noise like a hundred thousand people saying "whop," a steely white spaceship suddenly seemed to create itself out of nothing in the air directly above the cricket pitch and hung there with infinite menace and a slight hum. Don't try to ignore the big spaceship in the room.

Aries (March 21 – April 19) Meanwhile, on Earth, it began to rain heavily and Arthur Dent sat in his cave and had one of the most rotten evenings of his entire life, thinking of things he could have said to the alien, and swatting flies, which also had a rotten evening. The next day he made himself a pouch out of rabbit skin... Find something useful to do.

Taurus (April 20 – May 20) After nearly four years of total isolation he was so pleased and relieved to see Ford that he could almost cry. Ford was, on the other hand, an almost immediately annoying person. Consider your priorities, and try not to be annoying.

Gemini (May 21 – June 20) "Eddies," said Ford, "in the space-time continuum." "Ah," nodded Arthur, "is he. Is he." He pushed his hands into the pockets of his dressing gown and looked knowledgeably into the distance. "What?" said Ford. "Er, who," said Arthur, "is Eddy, then, exactly, then?" You will meet a handsome young man named Eddy.

Cancer (June 21 – July 22) They did not realize that because of the quasi-reciprocal and circular nature of all Improbability calculations, anything that was Infinitely Improbable was actually very likely to happen almost immediately. Don't even try to predict. Just be ready for anything.

Leo (July 23 – Aug. 22) For some unexplained reason, the teleport cubicles were in the bathroom. Time for a little feng shui, maybe.

Virgo (Aug. 23 – Sept. 22) The Encyclopedia Galactica has much to say on the theory and practice of time travel, most of which is incomprehensible to anyone who hasn't spent at least four lifetimes studying advanced hypermathematics. Doesn't matter who thought of it; just get to work.

Libra (Sept. 23 – Oct. 22) The history of The Hitchhiker's Guide to the Galaxy is one of idealism, struggle, despair, passion, success, failure and enormously long lunch breaks. Treat yourself to a long lunch break.

Scorpio (Oct. 23 – Nov. 21) For some time it had occurred to the partygoers as they had looked out at their own world beneath them, with its wrecked cities, its ravaged avocado farms and blighted vineyards, its vast tracts of new desert, its seas full of cracker crumbs and worse, that their world was in some tiny and almost imperceptible ways not quite as much fun as it had been. Clean away the cracker crumbs.

Sagittarius (Nov. 22 – Dec. 21) But even though words like "joojoflop," "swut" and "turlingdrome" are now perfectly acceptable in common usage there is one word that is still revolting that the publication or broadcast of the word is utterly forbidden in all parts of the Galaxy except for use in Serious Screenplays. Be careful what you say.

Capricorn (Dec. 22 – Jan. 19) It is a mistake to think that you can solve any major problems just with potatoes. Minor ones, on the other hand...

Aquarius (Jan. 20 – Feb. 18) ...he would rather just stay put for a while and sort it all out in his mind, which was now at one with the Universe so it shouldn't take too long and he could get a good rest afterward, put in a little flying practice and learn to cook. It's a good time to practice cooking.

NITE SUDOKU

Conceptis Sudoku By Dave Green

5	1	9						
4					3			
3				7				
			3	6			2	
		8	1		5	9		
	6			8	7			
				9				4
			2					5
						7	9	6

SU DO KU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

2/28

3	4	1	9	5	7	2	8	6
8	7	5	2	6	1	4	9	3
6	2	9	8	3	4	1	7	5
1	6	3	4	8	2	7	5	9
5	9	4	7	1	3	8	6	2
7	8	2	6	9	5	3	4	1
4	1	6	3	7	9	5	2	8
2	5	8	1	4	6	9	3	7
9	3	7	5	2	8	6	1	4

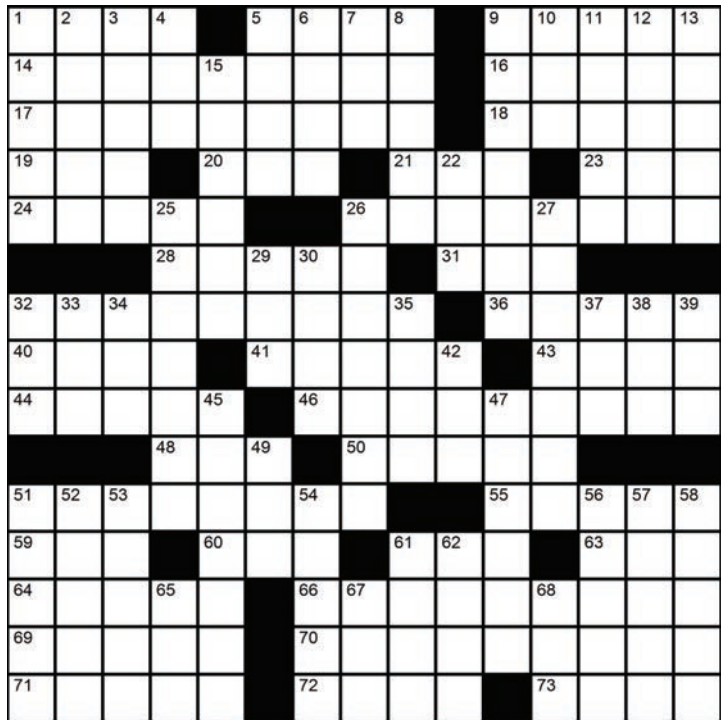
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Difficulty Level ★★★ 3/07

“What Is This?” — you tell me.

Across

- 1 Smoky entree
- 5 It may be enough
- 9 Picks a candidate
- 14 *Phrase once heard before a long beep
- 16 What “X” may mean
- 17 *Part of a memorable anti-drug commercial
- 18 He jumps on turtles frequently
- 19 Former Texas Governor Richards
- 20 Karaoke joint, usually
- 21 Viper relative
- 23 Unit of resistance



- 24 Fire, euphemistically
- 26 *Cliche line from bank robbers
- 28 Furniture maker ____ Allen
- 31 Mentalist Geller
- 32 *Short poem by William Carlos Williams
- 36 Cyberspace
- 40 St. Louis attraction
- 41 Brilliance
- 43 Up to the task
- 44 “But you told me that...” retort
- 46 *1995 hit for Montell Jordan
- 48 Backtalk
- 50 Windshield problem
- 51 *Game show intro
- 55 Like Boston accents, as it were
- 59 Fight club?
- 60 Howard in the director’s chair
- 61 Number cruncher
- 63 Snitch

2/28



- 64 Tabriz resident
- 66 *Dignified (but angry) complaint
- 69 Kenneth and Ashley
- 70 *Movie with the line “It’s such a fine line between stupid and clever”
- 71 Make into law
- 72 Sea birds
- 73 Mumford & ____

Down

- 1 Kingly
- 2 “____ ear and out the other”
- 3 Dull
- 4 Leb. neighbor
- 5 ____ vez (“again,” in Spanish)
- 6 Handy
- 7 Series set in Las Vegas
- 8 Lab heaters
- 9 “Twilight” characters
- 10 ____ Mae Brown (Whoopi Goldberg’s “Ghost” role)
- 11 “Dinosaur Hunter” in a Nintendo series
- 12 Former Secretary of State Root
- 13 Broadway show with trash can lids
- 15 Comedian Bud
- 22 “The Fifth Beatle” Sutcliffe
- 25 Start seeing a shrink
- 26 Comparison
- 27 Military school, with “The”
- 29 Tilling tool
- 30 Writer Sholem
- 32 ____ alai
- 33 It usually starts with www.
- 34 Chem., e.g.
- 35 Small ship
- 37 “Girls” network
- 38 Peyton’s brother
- 39 No longer working: abbr.
- 42 Airline until 2001
- 45 Bridget Jones or Samuel Pepys
- 47 List of mistakes
- 49 Paid athlete
- 51 Power
- 52 Actor Zac
- 53 Florida city
- 54 Enzyme that breaks down genetic material
- 56 One of the Muses
- 57 “Cosmos” author Carl
- 58 Front porch attachment
- 61 Quarter, say
- 62 Painful plays on words
- 65 Japanese computer company
- 67 “This American Life” network
- 68 “Treasure Island” monogram

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NEWS OF THE WEIRD BY CHUCK SHEPHERD

Make outsourcing work

A Verizon risk team, looking for data breaches on a client's computers, discovered that one company software developer was basically idle for many months, yet remained productive — because he had outsourced his projects to a Chinese software developer who would do all the work and send it back. The employee earned several hundred thousand dollars a year, according to a January Los Angeles Times report, but paid the Chinese worker only about \$50,000. The risk team eventually learned that sensitive company information was flowing to and from Chinese terminals, leading the company to suspect hackers, but that traffic was merely the U.S. employee (obviously, “ex-employee” now) sending and receiving his workload. The U.S. man showed up for work every day, but spent his time leisurely web-surfing.

The entrepreneurial spirit

• One of Britain's most famous “mad-ams” announced in January that she was coming out of retirement to set up a brothel exclusively catering to disabled people and the terminally ill. An ordinary brothel would be illegal in the town of Milton Keynes (45 miles from London), but Becky Adams insists that the government could not shut hers down without illegally discriminating against the disabled.

• Advances in the Service Sector: (1) In January, the Japanese marketing firm Wit Inc. began hiring “popular” young women (judged by the extent of their “social network” contacts), at the equivalent of \$121 a day, to walk around with advertising stickers on their thighs. (The stickers would be placed on the erotic “zettai ryouiki” — the Japanese mystical area between the hem of a short skirt and the top of long socks.) The women must be prepared to endure men hovering closely to read the ads. (2) According to news reports in November, New York City physician Jack Berdy was doing a brisk business administering Botox injections (at up to \$800) to poker players who were hoping to prevent facial expressions that might tip their hands.

• Ingenious: (1) London's The Independent reported in January that Dean Kamen (who famously invented the Segway, a standing, battery-powered scooter) had developed, along with a Pennsylvania medical team, what appears to work as a “reverse feeding tube” that will vacuum out up to 30 percent of any food in the stomach before it is digested and converted into calories. After installation of the stomach “port,” the diner could operate the device without daily medical help.

Animal research advances

Scientists from Sweden's Lund University, reporting in a recent issue of Current Biology, explored the burning question of why dung beetles appear to be “dancing” on the tops of the dung balls they roll away. The answer is that the beetles need to roll their treasures away from the heap as quickly as possible (lest competitors swipe them) and that they can best maintain a straight line away by celestial navigation. To test the hypothesis, researchers actually outfitted some beetles with tiny visors to block their view of the sky, and those beetles mostly rolled their balls in irregular routes, whereas the sky-searching beetles moved in straight lines.

Leading economic indicators

• In January, the National Hockey League labor dispute ended and players returned to work, but as usual, some owners resumed claiming that players' high salaries were killing them financially. The Phoenix Business Journal reported in December that the Phoenix Coyotes, for example, stood to turn a profit for the 2012-2013 season only if the lockout had continued and wiped out all the games — indicating that, based on the team's projections, the only way for it to make money was to never play.

• In the Czech Republic, per-capita beer consumption is twice that in the United States, and competition is such that some beers are priced lower than any other beverage, including water. (The brewery Pizensky Prazdroj delivers beer in tanker trucks that in the U.S. might

deliver gasoline, and delivers it to pubs' storage tanks just as U.S. gas station have storage tanks.) Recently, concerned about overconsumption, the country's health minister proposed to prohibit restaurants and bars from offering a beer as the lowest-priced drink, per ounce.

• In January about 1,000 workers at Shanghai's Shinmei Electric Co. held 18 managers captive at the plant from Friday morning until nearly midnight on Saturday in protest of recent employee rules. The workers dispersed when parent company officials promised to reconsider the policies, which included a fine of the equivalent of about \$8 for being late and a limit of two minutes per toilet break.

Job prospects dim

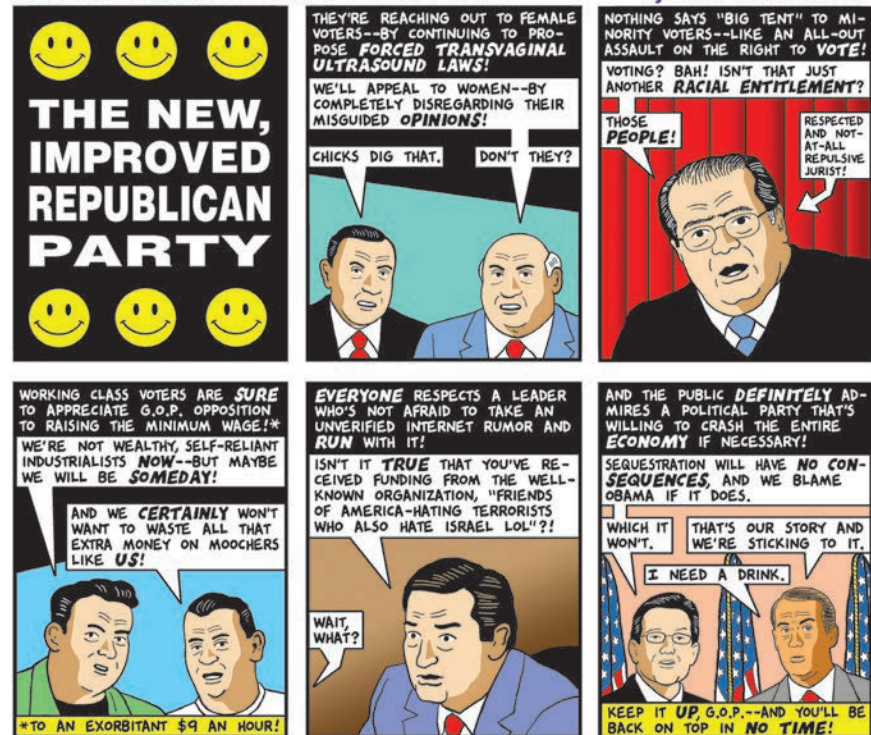
Willie Merriweather, 53, was detained in February by police in Aiken, S.C., after an employment agency reported that, when he was sitting for an interview, he exposed himself (allegedly telling the interviewer that “it fell out,” that he “must have forgotten” to zip his pants). Police said Merriweather had been accused of a similar incident at a different employment agency a few days earlier.

Thanks This Week to Roy Henock, Bruce Leiserowitz, Eric Prebys, Marshall Pixley and Russell Bell, and to the News of the Weird Board of Editorial Advisors.

Are you ready for News of the Weird Pro Edition? Every Monday at newsftheweird.blogspot.com and weirduniverse.net.

THIS MODERN WORLD

by TOM TOMORROW



TOM TOMORROW @ 3-6-2013 ... www.thismodernworld.com ... twitter.com/tomtommorrow

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HOT SHOW!

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EDDIE MONEY
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"Baby Hold On" "2 Tix 2 Paradise"

HOT SHOW!

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7 p.m.

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Thurs., March 28
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BEATLEJUICE



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8:00 p.m. • \$25 • RS-Theater

DENNY LAINE & THE CRYERS



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Joe Pug Opens



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